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Personal Protection and Self-Defense Tactics

*A National Personal Safety Guide for Protection
in Your Home, in Your Car, on the Street,
at Work or in Your Travels*

by
Donna M. Shepherd, B.A., M.A.
and
Debra K. Chitwood, B.A., M.A.

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First Edition

Introduction

Self-defense means just that . . . defending oneself in the event of an attack. It does not mean fighting—it means using a technique which will provide you the opportunity for escape. Self-defense should not be looked upon as preparation to fight, but as preparation to face an emergency. Practical, basic self-defense consists of a small “repertoire” of defense actions, easy to learn and remember.

These simple actions can be combined and applied to most situations which men and women might be likely to encounter. In the movies and on television, the people who are skilled in self-defense put on a display of spectacular technique. No matter how large or vicious the adversary, they easily dispose of him with a judo throw or a lethal karate chop to the neck. Movie fight scenes are choreographed for their entertainment and-shock value. Practical self-defense in actual situations is quite a different matter.

Anyone can learn to drive a car, but it takes years to learn to be a race car driver. Anyone can learn to swim, but it takes years of training to be an olympic competitor. Simplicity is the key. Complicated techniques do not work because they take too long to learn and cannot be remembered or used without continued practice. Only those who possess special aptitude for body skills are able to learn the more complicated techniques but anyone can learn and remember the simple techniques.

The aim and method of teaching basic self-defense is quite different from that of training men for combat. Once there is an understanding of the practical and realistic goals of self-defense instruction, it is possible to accept it as valid and useful.

Realizing it takes two to make an attack, the aggressor and the victim, a willing victim is a certain victim. Although the aggressor casts the part, you may either accept or reject his choice of you as his victim. If you accept the part, then you are a willing victim and you ensure his success.

Attacks, particularly against women, whether they are serious or

annoying, are made with the idea that no defense will be offered. Usually women are not taught to defend themselves, and they do nothing at all—or at least nothing effective. The feeling that they are vulnerable, therefore, makes them even more vulnerable. An attacker does not expect a defense, therefore, any defense has the possibility of being a success.

A person who has the basic knowledge of self-defense can behave in such a way that they may never have to use any physical techniques. Trying to avoid situations which can increase your chance of being criminally assaulted is really the best tactic. "An ounce of prevention is truly worth a pound of cure" when dealing with the problem of crime.

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Part I

"An Ounce of Prevention is Worth a Pound of Cure"

Whether an officer of the law, or the average man or woman on the street, it is necessary to be able to handle any situation with tact, finesse, and competence. You know the old saying, "An ounce of prevention is worth a pound of cure". And never is this more important than when you are dealing with crime.

Many tragedies and losses can be avoided by what can amount to just a few minutes of preparation. A police officer should have the ability to protect society's life, rights, and property. Along with this premise is the assumption that he can protect himself as well.

The information provided in the following pages can apply to the officer as an individual, but more so as he works with other citizens and groups in instructing them in common sense methods of self-defense. In the United States each year, law enforcement agencies report an increase in criminal behavior. These annual increases indicate society's failure to eliminate crime and law enforcement's inability to control crime. As a result, the individual faces the increased possibility of becoming a crime statistic. Therefore, you as an average citizen or you as the police officer, must take the initiative to become better informed in preparing yourself as well as others, in preventive measures and tactics to help reduce the ever increasing crime rate.

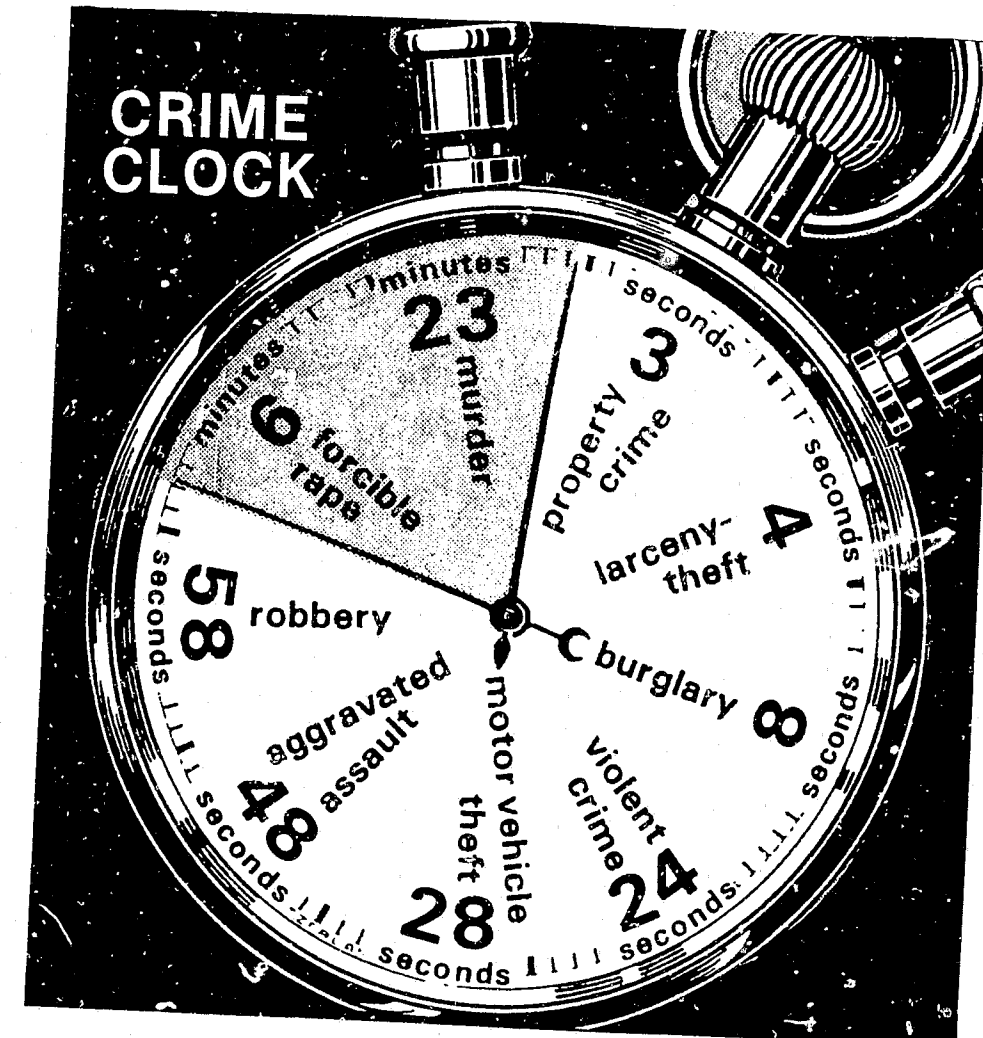


CHAPTER I

Crime Statistics

More than 24 million households in the United States . . . almost one-third of all households in the nation . . . were touched by crime last year, according to a recent study released by the Department of Justice. It is not comforting to look at the crime clock for the United States.

The number of major crimes in America jumped by nine per cent in



the previous year, and only one out of five resulted in arrest.

The families of the victim of crime suffer along with them, sharing pain, hardship, sense of violation and the aftermath of fear that crime can cause.

Death and violence have become a way of life for those who live in certain states. Georgia and Nevada lead the list of 50, with Texas close behind. According to recent statistics, Vermonters are the safest residents from becoming terminal victims of crime; only 1.4 per 100,000 persons are murdered there. In the city-by-city FBI poll, Miami has the ubiquitous honor of leading the list of cities by total crimes. Professionals caution that the figures are somewhat misleading, and say that Miami's high ranking relates primarily to the drug wars constantly going on between the city's "cocaine cowboys".

The South, the country's most populous region, accounted for the largest volume of offenses—31%. The North Central and Western states recorded 24% each and the Northeastern states reported 21%.

Americans are pouring 26 billion dollars a year in public funds into a battle against murderers, rapists, robbers and other menaces to law and order. Yet the battle is being lost. According to the FBI, the volume of murders increased in all regions and areas of the United States. Most of the victims knew their killers. Fifty-one per cent of the murders last year were committed by relatives or acquaintances of the victims. One murder in six involved people related to each other; half of those were cases of spouses killing one another. All told, 45% of murders were an outgrowth of arguments.

More than three-quarters of the murder victims were men or boys, with males between the ages of 20 and 29 most likely to be murdered. Fifty-three per cent of murder victims were white and 42% of the cases were black.

In six out of ten murders, pistols, rifles or shot guns were used: 19% resulted from stabbings, 13% from the use of clubs, explosives, poisons or other weapons and in six per cent of the cases the victim was beaten with hands or feet.

The FBI said 82,088 cases of forcible rape were reported recently; 548,809 robberies—defined as the taking or attempted taking of something from someone by force, the threat of force or by putting the victim in fear—and 654,957 aggravated assaults resulting in serious bodily injury.

Why the steady rise in lawbreaking? The theories are many and complex. But most experts agree that one cause is this brutal fact of life: Criminals today run only a slight risk of being punished for any particular crime, and they know it.

Police make arrests in just a fraction of the cases in their files. Prosecutors reject or dilute the charges against large numbers of those ar-

rested. Fewer still are actually convicted once in court. Sentencing is inconsistent, and most offenders who do go to prison are freed early, even though many—70% or more by some estimates—later commit new crimes.

What the statistics don't say is how many Americans have begun to protect themselves and their families by learning the easy methods of crime prevention and self-defense rather than just crime victimization. Thus, if you remain alert on the streets, in your business and while traveling; if you take the proper security precautions for your home and store, you will make it more difficult for the criminal, and find that "an ounce of prevention is truly worth a pound of cure".



Kermit Smith, 23, of Roanoke Rapids, is escorted to court by a Halifax County Sheriff's Deputy. Smith is charged with murder, rape and robbery in the death of Whelette Collins, 20, a cheerleader at Wesleyan College in Rocky Mount.



Members of a Boston police SWAT team pull a man identified as Ralph Shirley, 29, from his Roxbury home after Shirley, according to police, barricaded himself with two handguns and a shotgun and traded fire with authorities for 45 minutes. Shirley, foreground center, was wounded in the shoulder and stomach when police rushed his position.

CHAPTER II

Personal Safety

Recreational Facilities

Teenagers and young adults enjoy recreation away from the home and family. Free from family chaperones, they may drive or ride public transportation to where the action may be. They go to the beaches and parks, to the movie theaters, bowling alleys, and bars. They attend house parties and frequent lovers' lanes. Because these places are open to the general public and are usually unsupervised, dangerous situations can develop for individuals who are alone and careless.

When going to the beach or to the park you should avoid going alone. Try to plan to go with a friend. We often provoke danger by our general appearance, so you should use discretion in dressing. Never talk loudly or create a scene, as your actions may attract the attention of undesirables without you even realizing it. Although you may feel it is very harmless to flirt, you should avoid this at all costs. Do not go to a secluded part of the beach alone or only with another friend, and do not start a conversation with a stranger. If a stranger asks you for the time or directions, tell him precisely and then look away. Parks are desirable places for the sex criminal to attack his victim in seclusion.

If you choose to go to the movies by yourself, avoid sitting in dark corners, in the last rows, or in the balcony. Before finding a seat, allow your eyes to become accustomed to the dark, and then try to find a seat next to the aisle. This will allow you to move more easily if annoyed by anyone.

Obviously, there are certain places which automatically brew trouble for the female by herself. Bowling alleys should be used for bowling, and not as hangouts for the gang. Though your intentions may be quite honorable, even sitting alone watching other people bowl may be an invitation to an annoying intruder. Again, we must stress not to make conversation with strangers or accept food or drink from them.

If you notice that someone is paying you particular attention—do not indicate that you have observed him, rather find a comfortable way to get out of the picture. Perhaps this seems very silly, or even very paranoid to you. However, “an ounce of prevention is worth a pound of cure”, therefore you should pay attention to your surroundings and who is in those surroundings at all times.

Whether you are in a bar, a circus, a dance, or any public function, you should never divulge personal information such as your name, phone number, address, age, or even the place where you work. If you go looking for trouble you can always be guaranteed of finding it. Women who permit strangers to pick them up in a bar and escort them home are inviting trouble and then usually are the same ones who cannot understand how they could possibly have been the victim of robbery or rape.

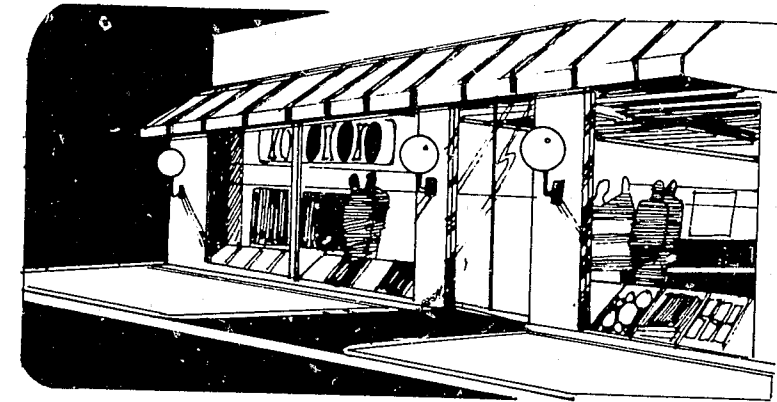


Restaurants and Stores

Many restaurants and stores are now relocating the hooks inside the cubicles of public restrooms, moving them from inside the cubicle door to the side wall of the cubicle. This has done much to eliminate some of the purse snatching which goes on in these public facilities. You should not, at any time, place your pocketbook on a hook that is right inside the door near the top, as this is an ideal situation for the thief.

The story is told of Mrs. James, using a public restroom in a large department store. She hung her purse on the hook located on the inside of the cubicle door. In a few moments a hand reached over the top of the door and quickly removed the purse from the hook. Mrs. James immediately reported the incident to the store manager who assured her they would telephone her at home if the purse was found.

The following morning Mrs. James received a phone call from the department store stating that her purse had been found in a trash can and could be picked up on the fourth floor in room 410. When Mrs. James arrived at the store, she was unable to find room 410, or any person who knew anything about her purse. Several hours later, Mrs. James was very weary and frustrated for having apparently made a trip to the store for nothing. As you might have already guessed, the



thief who had stolen her bag had Mrs. James money, her address, and the keys to her automobile and house. When she returned home that afternoon she found an empty house. All the furniture, curtains, wardrobe and linen closets were bare. When she questioned a neighbor, the only comment she made was that she saw a laundry truck in the driveway and didn't give it a second thought.

Don't let this terrible thing happen to you just because you let your defenses down or have a momentary lapse in taking precautions. When frequenting restaurants or stores, hold your valuables close to your body and be aware of the environment around you. If you feel someone is following you or giving you some suspicious looks, report it to the manager of the store or restaurant immediately.

Most women tend to be overly trusting when it comes to their pocketbook. However, you should never leave your purse or valuables on a store counter while looking at merchandise. A professional thief may be waiting for you to do just that. Remember that the professional thief looks like you or anyone else, and may be either male or female. Under no circumstances should you leave valuables in a fitting room, unattended for even a moment. Even if a professional thief is not casing the dressing room area, you make it a temptation for anyone else in the room. One of the easiest places to lose a purse is in the grocery store. Someone leaving their purse in the cart while comparing prices, etc. is only inviting an act of thievery.

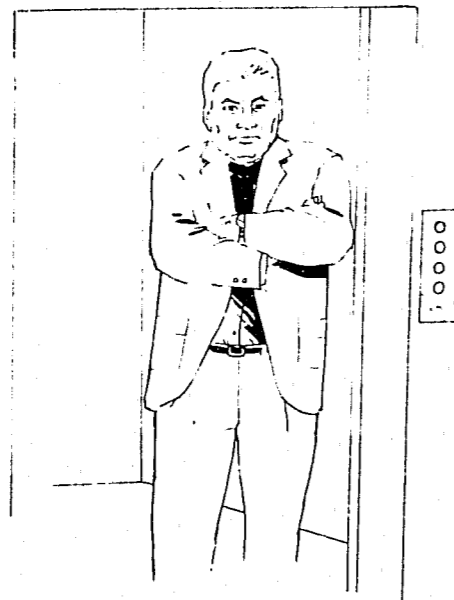
Telephone Precautions

The telephone is your best friend and can save your life in an emergency if you are prepared to use it properly. To get help from the operator, you do not have to know the phone number of the emergency call you want to make. The telephone operator is trained to help you in an emergency; you need only give her the information in as calm a voice as you can manage. She needs the phone number you are calling from first; then give the address and your name and then describe very briefly what kind of emergency help is needed. If she asks you to stay on the line, do so; if she asks you to hang up then follow her instructions.

Never reveal your phone number indiscriminately. If you are a woman living alone, it is better to have your phone number listed with your first initial, rather than your first name. If you are single and a caller asks to speak to your husband, simply tell him that he is busy at the moment and ask the caller to identify himself and ask if you can take a message. Many times a caller will ask: "Who am I speaking to?" and rather than give the caller your name, simply ask in reply: "Who is it you are calling?" More often than not he will then say: "Sorry, I must have the wrong number." Keeping a whistle or any loud noise maker close to the phone will aid you in dealing with obscene phone calls.

Elevators

Rapes, assaults, and robberies do occur in elevators; yet most people, believing they will never be the victim of a criminal, fail to incor-



porate some very simple principles when using them.

You should never get into an elevator with a lone, suspicious looking person, but rather, wait for the next elevator. It is wise to stand near the instrument panel and never back in the corner. If you are already in the elevator and the only other person on board makes an improper advance, then quickly place your hand over the emergency alarm button or reach for the emergency telephone.

In many large apartment buildings you must use the elevator for just about everything. However, there are some important questions you should get answered. Is the elevator self-serviced? Is there a guard on duty at night? Does an intruder have ready access, or are you issued a key that must be used to open the elevator door leading into the basement for trash cans, storage, laundry, etc.?

Walking Alone

If you can possibly avoid it, do not walk alone at night on dark streets. By all means don't try any shortcuts. Walk in the middle of the sidewalk and away from bushes, dark doorways, and other places where a would-be mugger or rapist may be lurking. Carry something in your hand which could be used to make noise, such as a whistle or a compressed-air siren. If you think you are in danger, use it. Carry a small flashlight. The mere fact of flashing a light indicates an awareness and preparation which help to protect you.

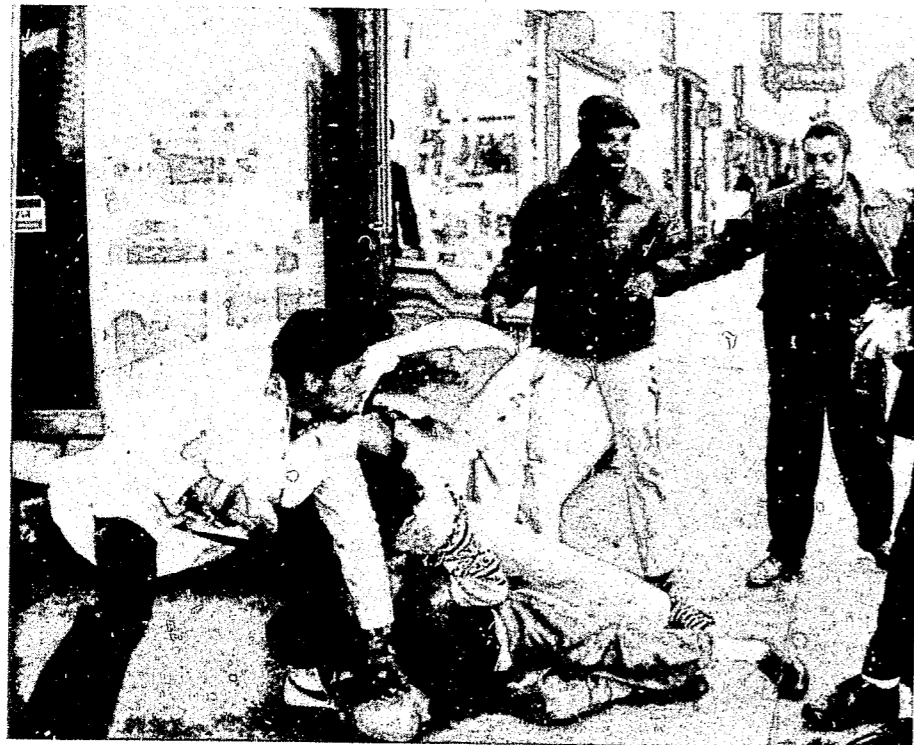
If you think you are being followed, turn to look at the possible source of danger. This is very important. You are better able to cope with that which you are able to see and make judgment upon. If you think you can outrun the threat and there is a safe refuge, you can run. If you cannot run, then you should cross the street and walk resolutely



in the opposite direction. This is the one way of signaling that you are aware of the threat, but you are not in a panic. Do not continue to walk to your home if the threat of being followed is prevalent because the would-be attacker will then know where to find you. Instead, you should walk into a nearby business or lighted home, and ask for assistance.

Have your house or car keys available in your hand. You can use your keys offensively. Make sure you carry your keys on a large key ring and hold them so that one key protrudes up between each pair of fingers, with the key you need to open the door between your thumb and forefinger. Clench them tightly in your fist and you have created a brass knuckle of sorts. If you are accosted, simply thrust the points of the keys into his face or midsection.

An important common sense precaution that anyone should use when walking alone or actually whenever being alone at any time; is to be certain you have correct change for making a telephone call. Finally, remember, never accept a ride from a stranger no matter how tired or loaded with parcels you are. It is easier to prevent a problem than it is to have to work your way out of one when in reality, it could have been avoided.



Unidentified youths hold down a shooting suspect as New York City Police Officer Peter Mulligan arrives on the scene in Brooklyn. The suspect Bernard Proctor allegedly shot at Mulligan and a transit officer after causing a disturbance on a bus, police said. The youths came to the aid of the officer pursuing the alleged suspect and chased him down.

CHAPTER III

Home and Apartment Precautions

One night, around 10:00 p.m., a burglar spotted a dark house. He quickly walked to the front door and rang the bell; when no one answered, he ran around to the kitchen door at the back of the house. Posted on the door was a note to the paperboy that read, "We have gone on vacation—please discontinue our paper delivery from June 14 'till July 1." This simple message gave an opportunity to the burglar enabling him to have free entry into the house for several more days. He jimmied the back door, packed up all the small items (books, pictures, clothing, etc.), and proceeded to take them home with him. The next day, the burglar telephoned a couple of used furniture dealers and told them he was moving out of town and wanted to sell the furniture rather than have the expense of moving it. By noon the next day, the dealers had finished bidding against each other and the burglar had cash in his pocket. This story was told in order to illustrate how a moment of carelessness can cause a family much remorse, not to mention a great loss of personal property.

Protecting property from burglary is the responsibility of the owner. The proper use of key, lock, and alarms and the implementation of anti-burglar measures will safeguard your possessions. However, your preparations for property protection must be as thorough and conscientious as the professional burglars' are for planning a break-in.

Statistics prove that most burglars are amateurs. It is found that 80% of all burglars are under the age of 25 and many are not even 18, and yet these youthful thieves still keep our burglary rate up to one occurring every ten seconds around the clock. How can these statistics be

lowered? These amateurs are able to commit crimes because someone has accidentally or carelessly forgotten to lock the basement door or close the den window. We can do much toward lowering the crime statistics if only we will follow some of the following precautions listed in this section.

Securing Your Home and Apartment

Safety measures to take for a brief absence or before going to bed:

DOORS

- Lock garage doors.
- Latch all screen doors.
- Make sure dutch door is secure.
- Lock glass sliding door. (Secure by putting metal or wooden stick in door to bar door.)
- Lock basement outside door.
- Lock accessible door from basement into your house.
- Set burglar alarm.



WINDOWS

- When at home, at night, close drapes, curtains, or blinds on all windows, but especially those facing the street to discourage casing by potential criminals.
- Be sure all accessible windows are locked. (Consider putting deadbolt locks on all windows or putting hole in a downward angle and inserting nail to help secure window.)

LIGHTS

- Leave at least one light on inside the house, preferably the bathroom. (You might want to alternate rooms for leaving lights on to

confuse the potential burglar.)

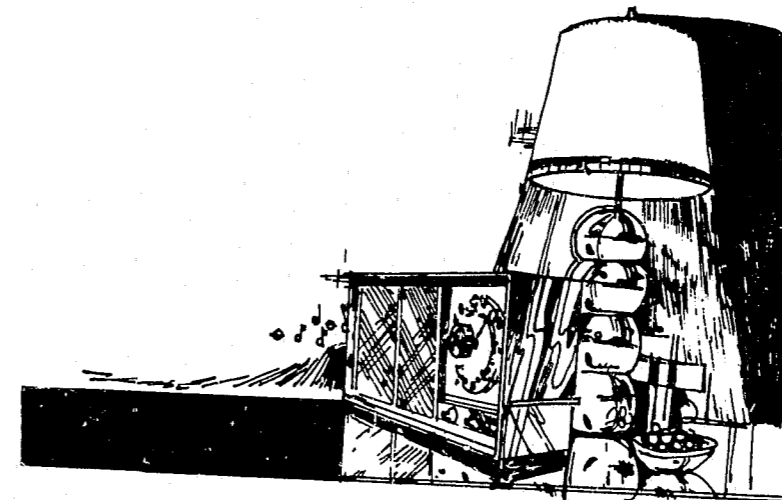
- If you decide to use backyard floodlights to discourage burglars, check to be assured the lights are not shining directly into a neighbor's window.

OTHERS

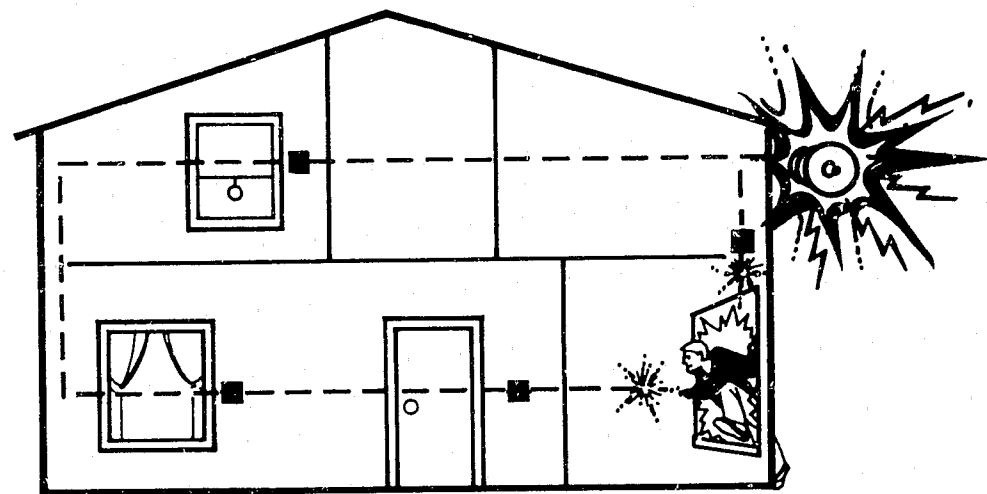
- Have a list of emergency numbers near the phone.
- Be certain your telephone is in working order.
- Keep a flashlight close to your night stand. (Check periodically to keep in good working order.)
- Keep near your bed a "weapon" (mace, etc.) you have chosen to use for self-defense.

Safety Measures to Take for an Extended Absence:

- a. Fill out a card at the post office requesting that your mail be forwarded or held until your return.
- b. Telephone the newspaper office or any other company that has delivery service, and discontinue delivery until you return.
- c. Contact local police department to notify them of your going away; tell them the length of time you plan to be away and ask them to check your home or apartment on their regular tour of duty.
- d. Arrange to have a reliable person tend to the yard work.
- e. Set an automatic light timer in the bathroom or upstairs. It is never wise to let a light burn continuously while on vacation. An inexpensive timer can cost you as little as seven dollars, and yet it can save you everything.
- f. Use a local safety deposit box to store any valuable items.



- g. Some curtains or drapes should be left partially open in order for a neighbor or policeman to be able to see a peculiar light inside the house (a burglars' flashlight, etc.).
- h. Tell the landlord where you are going, when you expect to return, and where you can be reached in case of an emergency.
- i. If you live in a house, tell at least one close neighbor where you are going, when you expect to return, and where you can be reached in case of an emergency.
- j. Place a metal rod in all sliding-type doors and windows and be sure they are locked.
- k. Set and check the burglar alarm system to be certain it will function properly.
- l. List the serial numbers of all your electrical appliances; keep the booklet in your safety deposit box so you will be able to give details concerning your possessions should your dwelling be burglarized.
- m. Inscribe your initials and your drivers license number on all valuables in order to make it easier and quicker to recover any stolen articles.



Alarms

There is no secret that burglary is on the rise, but this is true not only in cities but also in "nice" suburbs and "safe" farm country. While most police authorities believe that most burglars are amateurs, often youngsters, you can be assured that the sound of an alarm or lights coming on would certainly send the "amateur" on his way. Thus, you could reason that by installing an alarm system you could greatly reduce the risk of burglary at your home or business.

Different houses and apartments pose different security problems,

and a system that is suitable for one home may be totally inappropriate for another. The following information should aid you in deciding what or if you need to purchase a burglar alarm system for your home or place of business. Remember, there is a large variety of alarm systems; a sophisticated security system installed by professionals could cost a couple of thousand dollars or more . . . as much as ten times the cost of a do-it-yourself system, so it is very important to decide what your needs are and then choose the system appropriate for you.

Certain factors must be considered before you run out and purchase an alarm system. Once you have considered these factors then you are able to make a reasonable choice that is suitable to meet your needs. The following basic questions which you should ask yourself are:

1. Do you live in a high crime area where burglaries occur often?
2. Are you away from home for extended periods of time?
3. Do you have neighbors near by?
4. Do you have a lot of treasured valuables inside your house?

Once you have made the decision to purchase an alarm system, the next step is to decide which kind of system would best fit your needs and where to get it. The Florida Attorney General's Office has composed a list of helpful tips in aiding you in your decision of where and what kind of alarm to get.

1. Is the alarm company a local business? If so, how long have they been in business in your area?
2. Check with the local Consumer Affairs Office or Better Business Bureau to see if there have been any problems with this company.
3. What is the alarm background of the company's installation personnel?
4. Does the company offer a 24-hour service in case of false alarms?
5. Will the company work with you in getting reduced insurance premiums if you install one of their systems?
6. Is there a warranty or maintenance contract for the system?
7. Is the system electrically or battery operated? If electric-operated, does it switch automatically to battery power without activating the alarm in event of power failure?
8. If the alarm system is activated, will it automatically shut-off after a reasonable alert period (ten to 15 minutes)?
9. After the system is activated, will it automatically reset if attacked again?
10. If it is a hardware system (wires connecting sensor to control to alert), are the wires protected from attack and unnecessary wear by the elements?
11. If it is a local system (audible in the immediate area), does it

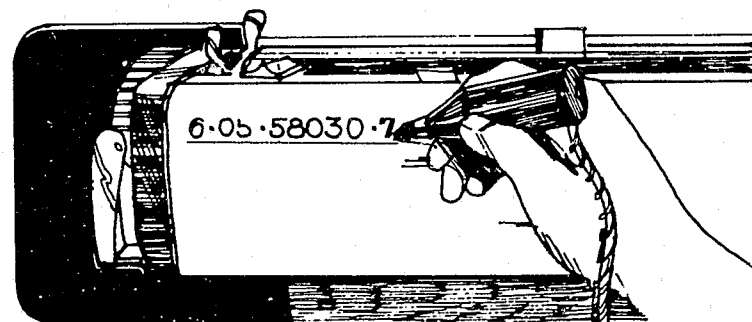
- ring loud enough to attract the attention of your neighbors?
12. If the system is for a business, will the company have someone respond to the location in order to assist the police by opening the building?
 13. Does the system have time delay to activate and deactivate the system without setting off the alarm?
 14. If the system is monitored by a central station, is it a tape recording or a person?
 15. Is the system Underwriters Laboratories, Inc. Approved?

There are basically two types of alarm systems: perimeter systems and motion detectors. Perimeter systems detect intruders in the act of entering. If anyone tries to remove a screen or open a door the alarm would go off. On the other hand, motion detectors do not operate until an intruder is actually in the home. Perimeter systems can provide protection whether you are home or away. And, unlike motion detectors, they do not restrict the movements of people or pets in the house. Perimeter systems use contact sensors located on doors, windows, screens, and other strategic locations, thus once any of these contact sensors have their circuit broken an alarm will sound.

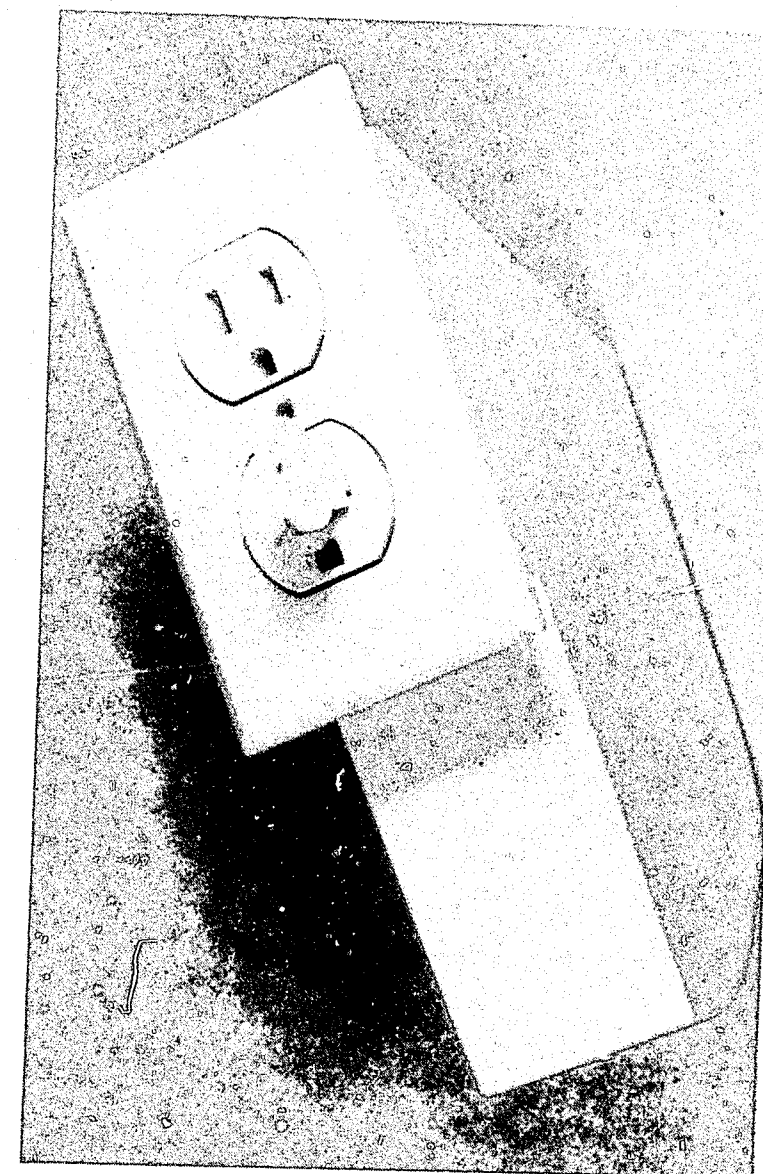
Motion detectors, also known as photoelectric cells, wall vibrators, radar, etc., fill the room with an invisible field or energy. Any sound or motion will interfere with the field and set off the alarm. One drawback to this system is the problem of the system being set off by the family dog and sometimes even heavy rain.

Safety Measures to Protect Your Property and Valuables

- a. Use an etching pencil to engrave your valuables with your driver's license number. (But not your Social Security number since federal regulations make it almost impossible to reveal the identity of Social Security registrants and thus, make it equally impossible to trace such numbers engraved on valuables.)
- b. Make a list of the purchase price, make, model, and serial number of all valuables.



- c. Items, such as jewelry, china, silver, valuable antiques, and art work, should be appraised and photographed . . . then put the appraisal forms and photos in a secure place such as a safe deposit box.
 - d. Home safes can also be used to protect valuables but the following precautions should be heeded:
 1. Be sure the safe is fire resistant and the money chest is bolted inside.
 2. Keep safe in a well lit area and in a securely fastened position either on the floor or in a wall.
 3. If you choose a wall safe that is hidden behind a picture, also include an alarm on the back of the picture frame.
- These steps will not only help police recover your property, they will also make it easier to process insurance claims.





Miami News reporter, Dary Matera, after being mugged.

CHAPTER IV

Safety on the Streets

Purse Snatchers and Pickpockets

You should always carry your purse over your shoulder with your hand on your purse. As you feel it being snatched, you should not pull against the man, but rather, let him pull you forward or backward and toward him. Then you will have the opportunity to kick or knee him in the groin, or strike his face because both of his hands will be on the purse. You can also swing the purse directly into his face if he tries to reach for you, and if you kick him to the ground, you can then swing the purse into his groin.

An internationally known professor of law at Columbia University was accosted at knifepoint by two youths who asked for his money. He willingly parted with the money, but when they demanded the wristwatch, which his wife had given him, he hesitated—that hesitation cost him his life.

When confronted by a robber, remember, anything you own may be repurchased, your life or your health cannot. Therefore, in all cases of robbery, give the criminal what he wants. You should carry no more cash than is absolutely necessary, and keep a list at home of all credit cards, licenses, etc.

A skilled pickpocket can brush against you on a crowded street and go home with your watch and wallet without your knowing anything is gone. What a pickpocket likes is "crowd motion" . . . any kind of situation where he can get to your side while you are distracted.

Perhaps you are asking, "When am I most likely to be hit by a pickpocket?" On a packed city street, while you are heading towards or leaving your office building; sitting in the stadium stands rooting for your favorite team; pushing your way through fellow shoppers in a department store; sitting (or better yet, standing) in a crowded bus or subway car; wandering through your crowded neighborhood supermarket on a Saturday. Any of these situations could invite an oppor-

tunity for the pickpocket, but it is up to you to be prepared for these situations.

So, what can you do? You can carry your wallet in an inside jacket pocket (preferably one that buttons), and also button your coat. In a crowd, fold your arms over your chest to cover pockets inside your coat. If you are a woman, carry your purse so that the clasp faces inward and keep your hand over the clasp. Never let a shoulder bag swing so that it is behind you where you can neither reach or see it. Above all, be alert!

Public Transportation

The purpose of travel precautions is the prevention and avoidance of situations which could endanger personal safety. But, because travel is so common, its dangers are easily ignored or forgotten until it is too late. The end result is panic, which is in itself a further threat to personal safety. An awareness of, and preparation for, possible dangers can make travel safe and pleasurable.

The best advice one can give concerning traveling on buses and subways alone after dark is quite obviously . . . **“don’t if you can help it”**. If, however, you are on the bus, you should sit near the driver or near an exit, but try to choose an aisle rather than a window seat, as you could very easily be trapped in the window seat.

On subways, you should not sit in a vacant subway car under any circumstances. Always make a note of where the emergency brake is and don’t be afraid to use it should someone try to jump you.

On a commuter train, you should find a car with several other people and, once again, sit in an aisle seat.

When traveling with luggage or other belongings, make sure that your suitcases are locked and keep an eye on them at all times. If you are traveling with a friend and it is a long trip, don’t doze off together. One of you should always be keeping an eye on your belongings.

It is best to stand in a well-lighted area, near the street if necessary, when waiting for a bus or taxi. Never hide yourself in the shadows of a doorway or building on a dark street corner.

CHAPTER V

Safeguarding You and Your Car

Donna C. decided to stop by the local grocery on her way home from work. She pulled into the parking lot and jumped out of her car and entered the store. After picking up a few things, she was leaving the store and realized her car wasn’t where she had parked it. Needless to say, she stood open-mouthed, wondering what to do next. She had left her keys in the ignition, thinking it safe enough since she was only going in for a minute to pick up a “few” things. Donna was lucky . . . the police recovered her car the next day with only a dent and her CB radio gone.

Donna was a fortunate victim but she, just as nearly half of all cars stolen, had been careless by leaving her keys in the ignition. Ask yourself . . . does this story sound familiar? Do you ever leave your keys in the ignition because you’ll only be gone a “minute”? A “minute” is all that it takes. There are over one million cars stolen annually in the United States and a total worth of \$2.5 billion associated with stolen cars.

Some sensible precautions could save you from being a statistic. Again, these precautions must be a daily practice for you because just one day or moment of carelessness could cost you thousands of dollars.

Safeguarding you and your car entails safety in three main areas: 1) safety at home; 2) safety on the road; and 3) safety in the parking lot. Precautions are listed for each area.

Safety at Home

- **Never, never leave the key in the ignition.**
- Always lock your car when you are away from it. (Even if it is just for a “minute”.)

- Hiding spare keys under the carpeting, over the sun visor or in a magnetic box under the wheel is as clever as leaving a house key under the doormat.

- Never leave expensive items in your car where they are easily seen. Cover them or put them in the trunk.

- Record the serial number of your car and engine block. Also, engrave identifying marks on your bucket seats, stereo speakers, CB, mag wheels, and whatever other special accessories you have. Carry a copy of these numbers in your wallet so that you can quickly report a theft.

- Never leave your car registration, title papers or your driver's license in your car. Carry them with you. Your title is best left at home.

- In the event your car is stolen, report to the police immediately since your car might be used in the commission of another crime.

- You might want to consider installing an alarm system in your car. The price can vary from \$30 to \$300 and you might be eligible for a five per cent discount on comprehensive insurance. Be sure the alarm works off its own power source since those operating off the car battery can be activated by cutting the battery cable.

Safety on the Road

- Have your auto checked by a reputable mechanic to be certain that it is in top working condition and the tires are safe for the length of trip planned.

- Avoid late night driving, if at all possible.

- Always keep your car doors locked.

- Be sure your automobile insurance includes towing service or have AAA service.

- Never pick up hitchhikers.

- Don't wait until the gasoline gauge indicates one-fourth full before you begin looking for a gas station. Plan your travel mileage so you will be certain to reach a sizeable town with a gasoline station.

- Use well-traveled roads. Avoid shortcuts; they may be beautiful and sometimes shorter, but they are also usually deserted.

- If you are traveling a long distance alone, arrange a couple of pillows with a coat and hat over them to make it look like someone is sleeping.

- If you often drive alone at night, wear a man's hat to disguise your sex.

- Use your trunk as much as possible; clothing hanging in the back seat is a dead give-away indicating you are traveling.

- Never drive your convertible with the top down at night.

- If lost, stop in a well-lighted, reputable nationwide service station for directions.

- Never take your road map into a restaurant to look over your route. This only draws attention to the fact that you are traveling.

- Avoid traveling to "known" trouble areas to see what is going on.

- Be extremely cautious when pulling off the road to sleep. Avoid doing this unless absolutely necessary.

- Intersections and stop lights are favorite places for would-be attackers. Keep your car in gear, and if threatened, blow horn and drive away.

- Do not stop to help disabled drivers but rather report them to police or service station.

- If you are being followed, do not drive into your driveway or attempt to leave your car. Drive to nearest police station or open business for help.

- If you are being forced to the curb, do not allow it . . . keep driving. Write down license number and description of car and driver and report incident to police at once.

- Do not leave your purse or belongings on the seat to attract a criminal.

- If you are threatened and cannot move away, use the horn to draw attention and perhaps scare away the assailant.

Car Trouble on the Road

- If your car becomes disabled in an isolated area, raise the hood, tie a white handkerchief on the antenna, and sit inside your car with windows rolled up and doors locked until help arrives. If a stranger offers help, do not accept a ride; ask him to call for help at the next phone.

- Do not stop to aid a stranger whose car is disabled; send help back to him.

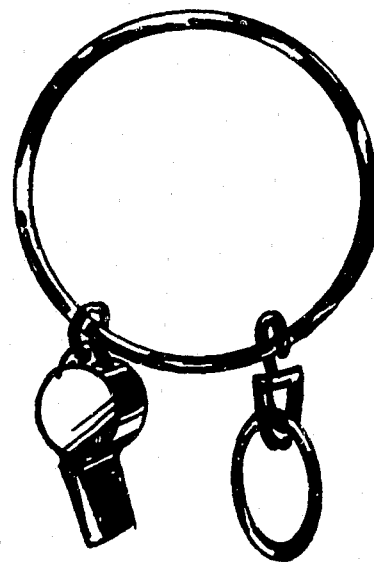
- If for some reason you do accept a ride with a stranger to go for mechanical aid, write on a piece of paper, the color, make, model, and license plate number of the car you intend to ride in and leave it in clear view inside your locked disabled car. Indicate on the note the time, date, and that you have gone for mechanical assistance with a stranger.

- Never take off across fields, through woods, etc. on foot in search for help.

- If you are on a service road that is adjacent to a main highway, try blinking your lights or honking your horn in an SOS fashion; a series of three short, three long, and three short flashes or honks.

Safety in the Parking Lot

- Park in areas that will be well lighted when you return.
- Put valuables in locked trunk or take them with you.
- Check when you return to your car that no one is underneath, behind, or inside your car.
- Look around outside your car before leaving it, particularly at night.
- Carry your keys on a ring that allows you to separate house keys from car keys so that you don't leave house keys with parking attendants or car repairmen.
- Carry a whistle on your key ring to allow you to give a warning if someone is threatening you.
- Carry your keys in your hands at all times so if needed, they can be utilized as a weapon.
- Avoid transferring expensive items from your car to your trunk at the place where the car is to be parked. Thieves may be watching you.
- As well as parking in a well-lit area at night, one should park preferably close to a corner where a thief is more likely to be observed at work.
- Do not walk to your car at night with your arms loaded with packages because you then leave yourself defenseless and very vulnerable.



CHAPTER VI

Hotel and Motel Safety

You should be able to feel as safe and secure in your hotel or motel room as you do at home, but there are precautions which need be taken there just as at home. This section of the book will discuss not only safety from criminal acts but also tactics in dealing with the threat of fire starting in your hotel or motel.

Criminal Protection in Your Hotel and Motel

There are numerous common sense safeguards that can be followed by you while visiting a motel or hotel which can lower your risk of being a victim in a needless crime. At your last motel visit, did you heed any of the following precautions?

- Lock all doors and windows upon entering your room.
- **Do not** open your motel door until you have visually identified the person knocking.
- Keep self-defense articles (mace, shriek alarm, etc.) within easy reach of the bedside.
- Either find the phone number of local police and make it accessible or be aware of how to contact the hotel or motel office promptly.
- Be certain that all curtains or blinds are properly closed to outside observation.
- Upon leaving the room, for any reason, be sure to lock the room and take all keys with you. Also, do not leave any valuables in the room if possible, but if you must, do not leave them readily accessible to the possible burglar.

As mentioned earlier, these are common sense safeguards which can be used to turn a potential assailant into a frustrated criminal.

Fire Protection at a Hotel or Motel

Recently, there has been much publicity dealing with fires in some of the largest hotels in the United States. These tragedies have caused thousands of dollars in damages, not to mention the hundreds of people who have been injured or killed. None of us would like to be a part of those statistics therefore, we must be prepared and know how to react if ever such an emergency should occur during our stay at a hotel or motel.

There are a few frightening statistics and myths which draw to our attention the immediate need to be knowledgeable in dealing with this tragic situation. For example, there are over 5,000 hotel fires each year. Also, many people think that deaths from fires are actual burning of the body, but in reality, smoke and gases are the big killers in the majority of fires. Many people panic and jump from buildings to escape the perils of fire, but the facts show that very few people ever escape safely from a fire by jumping.

Hopefully, when you have finished reading this section, you will know and practice numerous ways to react to the fire situation, whether in a motel or almost anywhere. Please realize that these precautionary procedures must become an automatic practice for you, in order for them to be readily accessible to you if, in reality, you were involved in an actual fire.

Precautionary procedures:

- Check for exit signs upon entering hotel or motel—60 seconds of studying your surroundings could save your life—count the number of doors you must pass to get to, and exit (and remember that number).
- Never use the elevator for any reason when fire is expected in the building.
- If any door you try to open feels hot, **do not** open immediately, because it indicates that there is fire nearby.
- If you decide to leave your room, be sure to take the room key with you because you may find you have to return.
- When traveling in a smoked filled room, travel on hands and knees so that you will be close to the floor where there is less smoke and gases accumulating.
- If you smell smoke in your room call local fire department **immediately**. The hotel itself may not realize there is a problem or may be reluctant to “disturb” guests until assured of a real problem which then may be too late.
- Always check the fire warnings posted for each hotel or motel where you stay.
- Check to see whether your windows open or not. If you don't see

smoke outside and the windows are not sealed, open them a crack at the top and bottom. Hang out a sheet, wave, shout or use the phone to make your presence known.

- If your windows are sealed and your room is filling with smoke, use a chair to break out the glass.
- Breathe through a wet towel and stay low—next to the window if possible—for fresh air.
- If you encounter flames or sense smoke on the way down and out of the building, and cannot return to your room, go up to the roof, and prop the door open to prevent being locked out.

As a last resort, you may be forced to make for the best exit, and if that is the case, keep low, move quickly, and **don't panic!**





CHAPTER VII

Sexual Assault

When you consider defending yourself, defense against a physical assault is one of the primary concerns of most people. This is true whether they are the typical single female concerned for her own security or whether it is the police officer on his patrol being concerned for his own bodily protection and those citizens he is protecting.

We shall deal mainly with the prospect of being sexually assaulted but you could apply many of the same precautions to the act of being mugged, as well. I think we can all agree that no matter the title of the crime, we can all profit from becoming more cautious and more aware of the environment that invites such physical assaults.

STATISTICS

There are staggering and sobering statistics concerning rape that you should know in order to familiarize yourself with the seriousness of the sexual assault. We do not intend to bore you with statistics but the following information could resolve some questions and myths you might have about the problem of rape.

- Fifty per cent of the time, women know their attacker.
- Nationally, one out of every eight women will be raped or sexually assaulted annually.
- Eighty-two per cent of all rapists pre-plan their attacks.
- Fifty per cent of the time, rape is not committed on the street but rather in the victims' home.
- Nationally, only four per cent of attackers are apprehended and prosecuted.
- Fifty per cent of all rapes occur during daylight hours.
- The average length of time taken in a sexual assault has been found to be four hours.
- Rape is the most frequently committed unreported crime in the United States. Only one of ten rapes is actually reported.
- Three out of four people who commit serious crimes, such as rape, have committed a serious crime before.

- Statistics prove that the crime of rape is steadily increasing and for two basic reasons: 1) as a result of the women's movement, women are less apprehensive about reporting rape; 2) more females are hitchhiking today than ever before and "hitchhiking is playing rape roulette".

- New studies have found that women who resist their attackers were more likely to escape.

- Women who fear mutilation or death have a greater chance of being raped than women who feared the rape itself.

- The fact whether or not the attacker carried a weapon was an insignificant factor in determining whether the rape attempt would be successful.

- The location of the rape attempt is highly significant. Women attacked in a home, car, or other small confined space were more likely to become a rape victim than those attacked in the open where they could scream for help or run.

- Women who were most successful at avoiding assault were taller and heavier, played contact sports in childhood and had never been married. But rather than a woman's size or strength being the determinant, it's the woman who grows up more assertive and confident who is better to avoid becoming a rape statistic.

Rapist's Description

Research has been done to try to determine some concrete relationships between rapists characteristics. What do they look like? Why do they feel they must physically assault an individual? Is there a definite pattern or style that can be found among rapists?

There are some basic generalizations which have been found among rapists. For example, research has ascertained that most rapists are of low intelligence, are unmarried, and are unskilled individuals who lack social and sexual confidence. We all might possibly know someone who would fit the above description but we must take care not to label or judge someone.

Research has also found that most rapists are not psychotic. When given psychological tests, 95% of the rapists tested out to be "normal". So, why do they do it? Most psychologists feel that it is not a matter of lust or sexual gratification but rather a need to control. During rape, the individual is able to feel power in humiliating and degrading the victim therefore venting their feelings of hostility, aggression, and inferiority.

There is no way to come up with a typical description of the "rapist". A rapist is thought of being huge and strong but that is not always true. When you consider that over 50% of the rape victims know

their attackers then you must realize that there is no accurate way to describe an attacker because, what woman would become familiar with a possible "rapist type".

Victim's Description

We should take time to ponder some characteristics which have been found to be common among most rape victims. One major point that is found in almost all cases, is that the victims are seen as **weak and vulnerable**. Some people might take issue with that statement but actually at the time of the attack the victim has to be weak and vulnerable in order to allow the attack to occur. Rape victims are often chosen because they look like a good victim. A rapist often checks out a woman before hand to see if she's submissive and easily intimidated.

Many victims are simply naturally compassionate and trusting therefore appearing weak. Nurses and social workers, who have been trained to be helpful will be prime targets for the potential rapist.

A woman alone has been found to be more likely to be attacked than women traveling in pairs or groups. There are times when you can not avoid going somewhere alone but at that point in time, you must take the proper precautions to insure that you are not displaying the appearance of being "weak and vulnerable". The rapist is interested in someone he can intimidate into silence, so the woman who walks confidently, speaks in a loud, clear voice and demonstrates she's not afraid to make a scene does not provoke attack.



Frances Piva, right, fends off blow by tae kwon do instructor Jim Garrett during a self-defense class held in Chicago suburb of Wheaton. Garrett teaches paraplegics how to use every means possible, from fingers to the handles of their wheelchairs, to repel muggers.

Ways of Avoiding Attack

If someone follows you, confront him. Do not ignore the situation. Turn around and look, then cross the street, go into a store or back into the supermarket. Remember, your biggest weapon against him is his fear of discovery, so try to think from his point of view. If he has to leave a doorway and be seen to get you because you're walking near the curb, he won't. If he has to make a U-turn because you started walking in the opposite direction when his car approached, he won't.

Prevention is the best cure for any crime and especially in the instance of rape. You must be concerned with your safety everywhere you go . . . whether at home, in your car, or on the street. Some of the following precautions may have been mentioned in previous sections but as in anything, "practice makes perfect" therefore, repetition can only help you in making these precautions become everyday habits.

WAYS OF AVOIDING ATTACK AT HOME

- Have proper doors with peepholes and locks.
- Have adequate lighting around home or building.
- **Do not** open door to strangers.
- Make sure repairmen identify themselves properly.
- If someone comes to your door asking to use the phone for an emergency, offer to make the call for him but **do not** let him in.
- If you are a woman living alone, use only your first initial on the mail box and in the telephone directory, as well.
 - While home at night, keep a light on in more than one room to make it appear you are not alone.
 - Do not leave underwear or bathing suits on the line or balcony at night.
 - Be wary of neighbors or casual acquaintances who make a habit of dropping in when no one else is home.
 - Have any "messengers" slip all receipts under the door.

WAYS OF AVOIDING ATTACK ON THE STREET

- Remember the rapist is looking for a woman who looks helpless and alone . . . one who seems to be daydreaming or looks scared. Keep alert and walk with a purpose.
 - Carry your purse close to your body.
 - Walk in the middle of the sidewalk, away from doorways and cars which could conceal an attacker.
 - Avoid shortcutting through alleys and deserted parks.
 - **Do not** hitchhike.
 - If you think you are being followed, don't go home rather head for a place with lights and plenty of people.
 - Don't wear clothing and footwear which makes it hard to run.

- Do not overload yourself with packages so that your hands aren't free.
- Consider carrying a whistle on your key ring or in your purse to attract attention if help is needed.
- If a stranger asks for directions or information, give him the information from a distance and be very matter-of-fact in answering him.

WAYS OF AVOIDING ATTACK IN YOUR CAR

- Always park in a well lit area and always lock your car.
- Keep your keys in your hand when leaving home and work so that you don't stand fumbling at the door of your car or house. Your keys could also be used offensively.
 - When working late at night, have someone walk you to your car.
 - Check to see no one is hiding inside, behind or beneath your car before getting in—and keep doors and windows locked so an uninvited passenger does not join you at a red light.

What to do During an Attack

Many authorities vary on how to deal with a rapist once an attack is actually in progress, but one thing they all agree upon is that a victim **should not beg** because this only stimulates his aggression and hostility even more. As stated earlier in the statistics, women who resist their attacker are more likely to escape the attack. Some researchers suggest talking as a technique to deal with the rapist, but keep in mind that being passive is not the way to handle this individual. Be confident and assured in trying to get him to see you as a human being.

If you have a warning that someone is about to attack, try to make a diverting noise immediately. Screaming rape or help is not always the best tactic, but instead yell, "call the police" or better yet, yell, "fire", because it draws attention and gets help faster than any other scream. Using the whistle to get attention is just another idea in drawing attention to your very frightening circumstance.

Every rapist is potentially dangerous, just as any criminal is, therefore do not use physical violence unless you are willing and capable of incapacitating the assailant. If violence is your choice, use whatever weapon is available to you . . . your purse, dirt, a lit cigarette, etc. More thoughts on that subject will be discussed later in the book.

Reporting to the Police

The following standard procedures should be abided by when reporting rape to the police:

- Call the police immediately—many departments have female of-

ficers trained to handle rape victims.

- While waiting for them to arrive, do not wash, douche, shower, or change your clothing. Everything on your body can be used as evidence.

- It is your legal right to have someone with you at all times for advice and moral support during the investigation whether it be a close friend, lawyer, or even someone from the Rape Crisis Center (if available).

- After the police question you about the assault you must go to the hospital for an internal gynecological examination.

- While all details about **your** past may be offered as evidence, nothing in the accused rapists past is admissible, thus, if your assailant has been arrested for forcible rape in the past, the information cannot be disclosed.

You might ask yourself . . . Why report rape when it is so embarrassing and you have to go through so much mental torture? Reporting rape does not have to always be so rough if you will only follow the procedures in reporting rape, as described in this section. There are a number of important reasons why women should feel an obligation to report rape.

For example, since so few victims actually prosecute, women give rapists the idea they have free reign on women and that most women are **weak** and **vulnerable**. If women would report rape, this ridiculous generalization could be altered.

If the rapist can be reported and convicted and sent to jail, he will not be able to harm you or anyone else. If he is not reported and prosecuted, his next victim could even be killed. Realistically, we know that only four per cent of the rapists are apprehended and prosecuted but these statistics could again be changed if more women felt the obligation to report this crime and help deter other such physical assaults.

If by chance, you fail to report a rape and the same rapist attacks you again, you will have difficulty getting the law or courts to believe your veracity. Another reason it is important to report the crime immediately!

If you report your attack and the rapist is interrogated, that in itself, may defer any further such physical abuse on any other female. You could then feel you had helped make a step in lowering the crime statistics. Also, by reporting the crime, you are improving the accuracy of rape statistics and the more attention this crime receives, the better are the chances of curbing it.

Part II

Murphy's Law: "Anything That Can Go Wrong . . . Will Go Wrong"

Part I has dealt primarily with common sense prevention measures needed to deter crime. However, as Murphy's Law states that "anything that can go wrong . . . will go wrong", only reinforces the fact that no matter how well we are prepared for a situation, things can and will still go wrong.

Thus Part II will deal with defensive tactics needed to handle situations which could not be prevented. In order to establish control of a situation, you must be aware of the importance of position and surprise. With an understanding of these two elements, you need never fear injury. In today's society, knowing when and how to act can be the difference between life and death, whether you are an officer on the street or the ordinary citizen in the home.



Bill Frazier, 23, of Lebanon, is slugged by Police Officer Gary Mac Foster as Frazier is arrested for strongarm robbery. He is accused of stealing jewelry from a beautician in Lebanon. Sergeant Basil Tyree of the Lebanon Police Department is at the left and off-duty Officer Randy Trammel has Frazier around the neck.



CHAPTER VIII

The Fighting Stance

The fighting stance is useful for achieving maximum balance, agility, and speed. From the fighting stance you can move quickly in any direction. It is the basis from which you should learn most of the self-defense techniques.

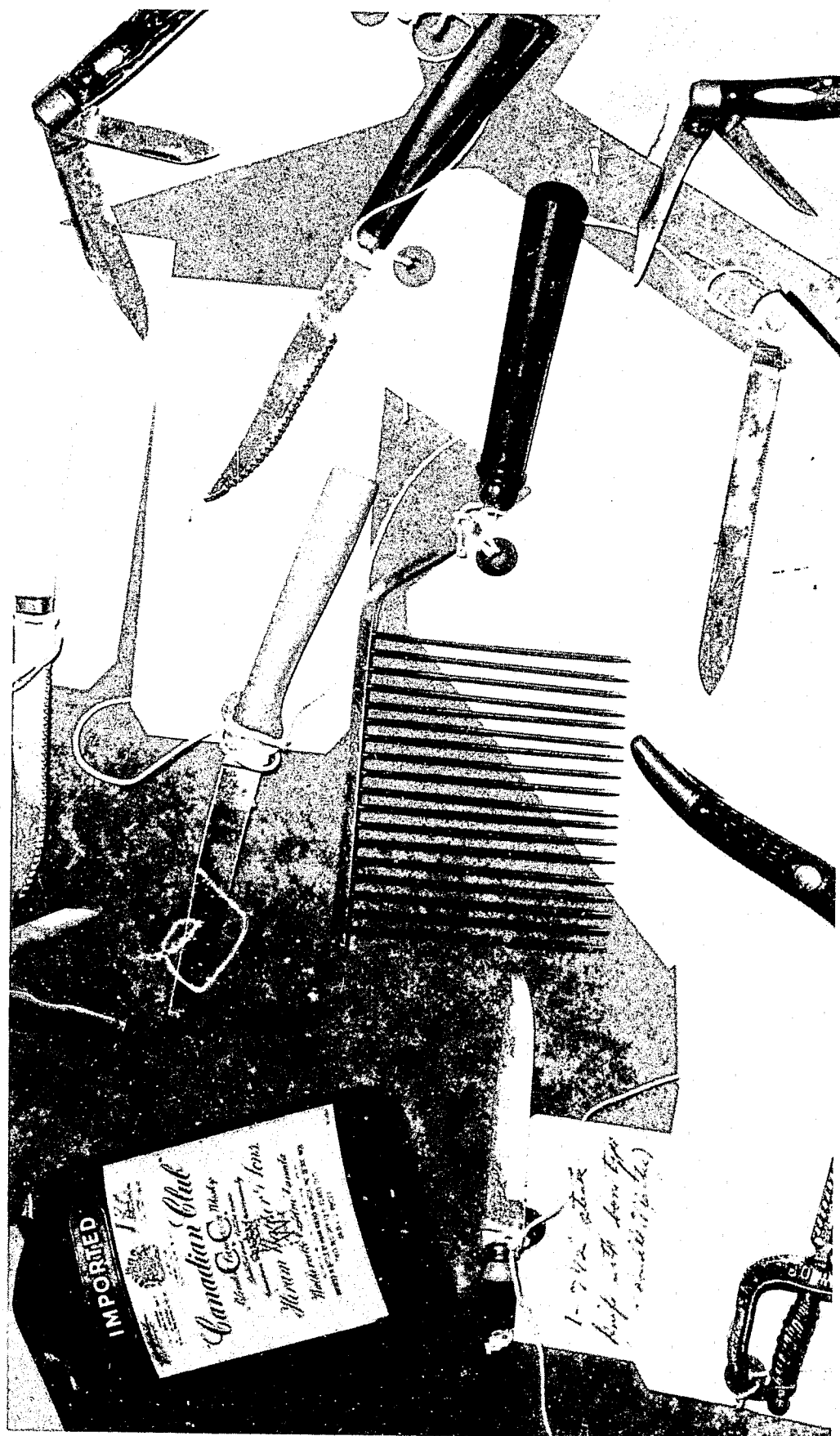
From a natural, standing position you are very vulnerable to even a small amount of pushing force. With fingertip pressure, you can be placed in a very weak, off-balance position; you have no resistance.

Strength is not the critical factor in successful application of self-defense techniques. No matter how much you push, you simply cannot hope to oppose the resistance of someone larger and more powerful than you are. But, if instead of opposing his strength, you use it, you can make him contribute to his own defeat.

To move into the fighting stance, first assume a natural stance; body facing forward, feet slightly apart, arms hanging at side. Then, step right foot back and out to the side at a 45-degree angle. Place feet shoulder width apart, knees slightly bent. Rotate hips a quarter turn to the right.

There is no muscle in clothing. Therefore, if you desire to hold onto your attacker, to accomplish a particular release without error, you must hold onto his clothing and not his body. By the same token, if an attacker has grabbed you by the shoulder, you have a chance to twist away from his grasp. Whereas, if he grabs your shirt or blouse, you aren't going to get away without losing that shirt or giving him cause to release you.





CHAPTER IX

Personal Body Weapons

Your body consists of many natural weapons. Legs are longer and stronger than arms and can kick in any direction. Your knee can give a powerful blow when in close range to your attacker. Feet are stronger than hands, therefore, they can be used for kicking and stomping. Arms can be used to block and to attack.

Your brain is the most important natural weapon, as it directs the entire show. You should use it to survey the situation you are in, to size up your attacker, and to put into effect the needed tactic as warranted by the situation.

The following pages will illustrate numerous body parts that can be used in self-defense. Also, areas of the body which can be attacked will also be mentioned.



"Knife" or edge of the hand for a blow to the side of the neck.



**“Pointed-fist”—extended
knuckles—blow to check,
Adam’s apple, etc.**



“Padded fist”—bottom of fist—to nose and face area.

**“Small fist”—double up
fist—blow to head, to
groin, etc.**



**“Heel of the hand”—to
chin.**



**Elbow—to ribs, solar
plexus, neck, etc.**



Shoes—to dig into sole of foot, scrape down shin bone.



Knee—hit to groin area, chin if individual is in bent position.

Forearm—blow to face, block a blow coming to your face.



Fingers—to the eyes, throat, or finger thrusts.

Fingernails—scratching and clawing face, eyes, lips, throat, etc.



Forehead—this may hurt you also but the element of surprise to the attacker makes it even more effective.



Biting—anything your mouth will reach, fingers, arms, etc.



Feet—kicking any obvious area that can be reached.

For most situations there are many ways to handle the defense—not just one way. You must learn to use the one comfortable and easy for you. If an attacker has your arms confined, you still have the use of your legs, your teeth, your head; and once again, your brain. If he has your legs confined, you still have the use of your arms, hands, fingers, and fingernails. If he has you confined to the point that you have no use of any part of your body, then you have allowed the situation to get way out of hand. Your immediate response should be to sight and then to touch. Once you let the attackers muscle overtake you, then you must wait for the next weak or relaxed moment to make your counterattack. A successful counterattack is based on surprise, focus, and follow-through.

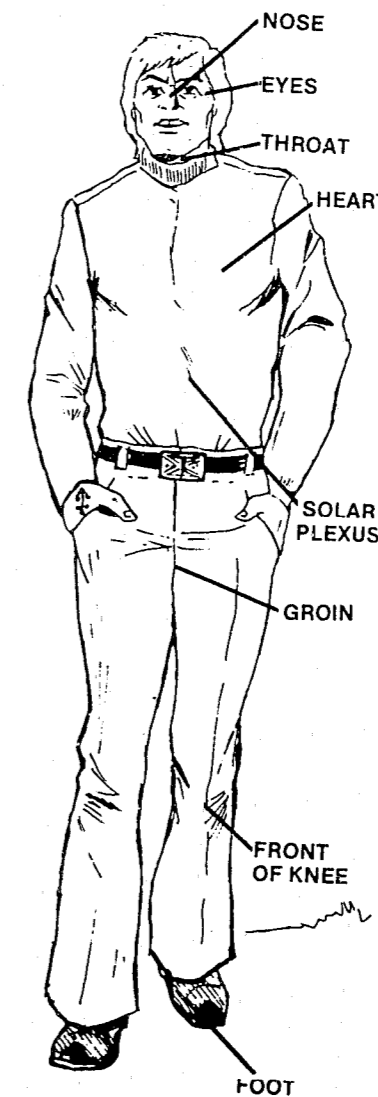
CHAPTER X

Vulnerable Body Targets

The human body has many structural weaknesses which are definitely vulnerable targets to attack. Unconsciousness, severe pain, or even death may be caused by applying pressure or delivering blows to these major, vulnerable targets.

As mentioned earlier, for most situations, there are many ways to handle defense—not just one way. You must learn to use the one comfortable and easy for you. Choose the most practical area to attack when faced with a situation. For example, if a victim has been thrown down to the ground, it would be impractical to think that you could stomp the instep of his foot, but instead you would have to choose an area around the face, such as the eyes, lips, ears, or nose.

Remember, the purpose of self-defense is to escape. Therefore, the weapons should temporarily incapacitate, and not permanently injure or kill.



Eyes

One of the most vulnerable areas of the body is the eyes. This area, when attacked, can cause permanent damage and therefore should be used when all other choices are impossible. If the choice is between your own life and the eyes of an attacker, the decision must be made without hesitation and with quickness. Jabbing eyes with the fingers or gouging eyes with thumbs are very effective ways to incapacitate your attacker.



Groin

The groin is a common area of vulnerability used in self-defense. A drawback to relying upon this area to save yourself, is the fact that it is somewhat higher than the knee, therefore it would be easy for the attacker to grab your foot while attempting to make an offensive movement. Also, most attackers are expecting a counterattack in this area therefore, they are somewhat prepared. Although this area can be less sensitive when the attacker is under the influence of drugs or alcohol, you must keep in mind the effectiveness a kick or hit can have in rendering any man, no matter the size, utterly helpless. A good swift knee to the groin will cause any man to crumble to the ground giving you time to go to the nearest phone for help, and come back to probably find him still lying there.



Knee

The knee is an area often overlooked as a body target for attack. Knees are very delicate to say the least, and a swift accurate kick with the foot, in a turned out position, will dislocate or break the bone in the knee.



Perhaps it should be mentioned at this point that successful counterattacks to the lower body are a multitude, in that while the criminal has you pulled toward him, his eye contact is mainly concentrated on your face and eyes therefore, unaware of what you may be planning to inflict upon him from his chest down. In effect, the closer you are to your assailant, the more possibilities you have in surprising him. The further away you move from him, the more of your body he then takes in with his eye contact, therefore, leaving you with little in the way of surprise.

Nose

The nose is another area, which, when hit with force and accuracy can cause excruciating pain and render the assailant helpless. The nose can be attacked with the heel of the hand, side of fist, or the elbow. Whatever the situation forces you to do, do it to the point of disabling him, thus giving you time to escape.



Head Area

A "knife" blow to the side of the neck, or a pointed fist to the Adam's apple is another means of inflicting severe discomfort to your attacker. If done with force and determination, an opportunity for escape will be forthcoming.

By twisting the lips or the ears, by using the heel of the hand under



the chin, by poking the fingers into the eyes, and by jabbing the elbow into the solar-plexus, you can cause enough pain to cause your assailant to become more interested in his own pain reflex, than in holding onto you—thereby, giving you an opportunity for escape.



CHAPTER XI

Blocking

The ability to block and attack with the same hand will enable you to protect yourself with little time or effort by eliminating wasted movement.

To block an attack coming at you from a high position, you should make a fist and raise your forearm keeping the elbow bent. Keeping the forearm in a horizontal position, you rotate the opposite hip away from the block pulling the opposite hand back to prepare for a counterattack. Remember to move quickly to avoid the subject's blow. If you cannot avoid the blow, then block and follow through with a counterattack. Whenever possible, have the foot forward on the same side as the blocking arm.



Middle Block

For the middle block, you again make a fist and raise it with your elbow in a bent position. Keep the forearm vertical.



You then bring the forearm across and in front of your chest, rotating your hips in the direction of the block. The forearm should remain vertical and below the chin. Be sure to keep your fist below eye level, and keep the fist and arms tight.

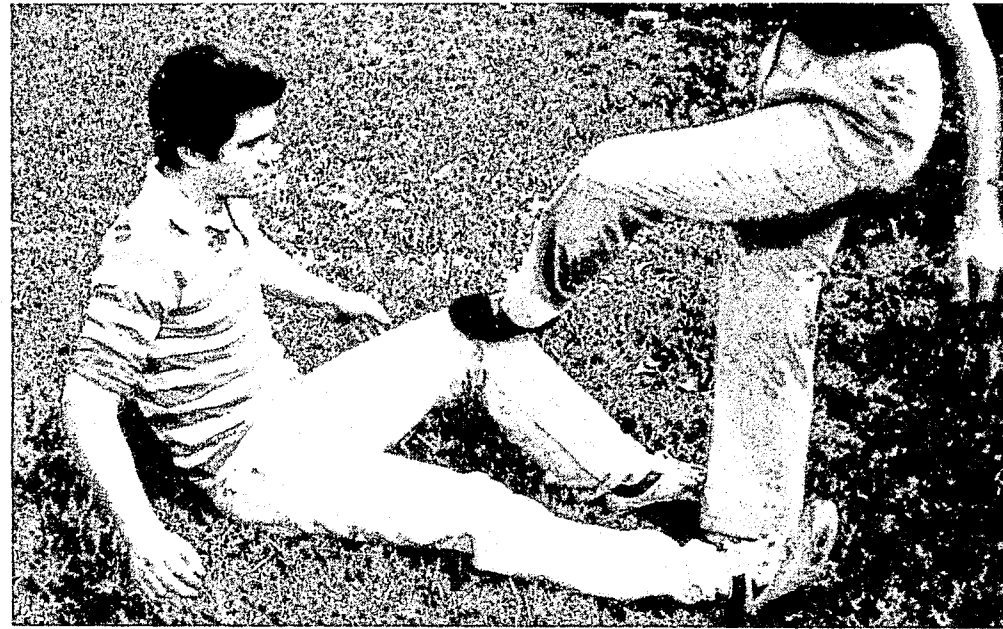


Low Block

To block an attack coming at you from a low position, you will need to make two fists and cross your forearms one over the other. Here you are usually blocking a kick, whether you are standing up or lying down. Bring both arms down to block the kick and if possible, grab the subject's foot and lift it up if you are standing. If you are in a prone position, then twist his foot by pressing against the toe with one hand and the heel with the other, thus throwing him off balance and causing him to fall to the ground.

An attacker may have pushed you down, or you may have just





stumbled and fallen. Perhaps, you are trying to get back up and he attempts to kick you back down. Your first defense would be, of course, to block his oncoming kick. As he continues to approach you with the idea of choking or raping you, you maintain eye contact and turn your right foot outward getting it just behind his left foot. At the same time, bring your left foot up, and with it turned outward, jam it forcefully across his left knee. This will act as a painful tripping tactic thus allowing you opportunity for escape.

Blocking and Counter

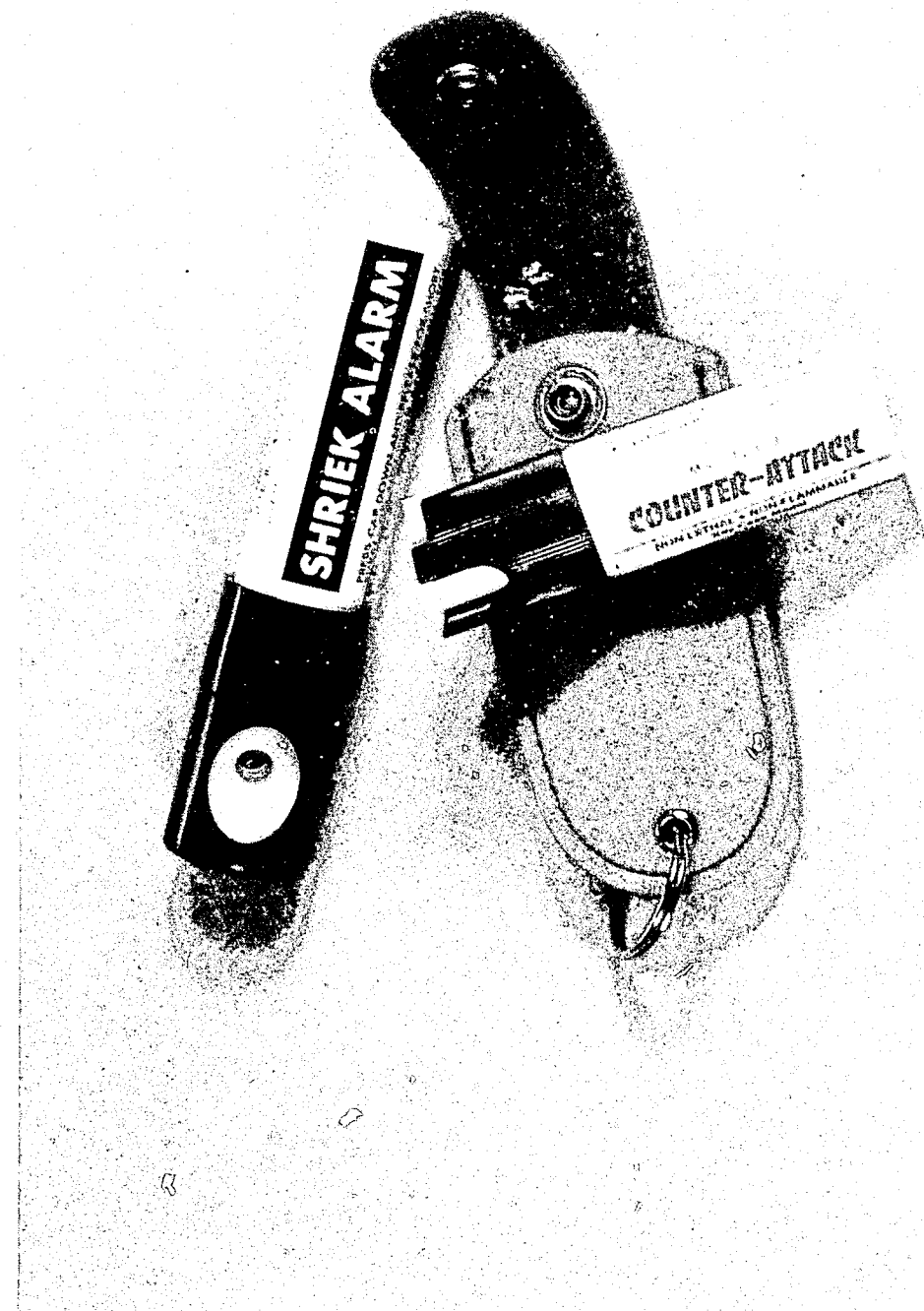
In deflecting a blow, it is the quickness of movement which makes the technique effective. You are not attempting to counter the power



of the striking arm, but move it in another direction. As the attack is made, step to the outside of the striking arm and hit at it with both hands slashing or with both forearms.

If the subject is attempting to resist, for example, the officer can block the punch with the heel of his hand at the wrist area of the subject. He can then bring the opposite hand up and grab the subject's striking hand. Bend the wrist upward and rotate your body, this will cause the subject to lose his balance.





CHAPTER XII

Simple Objects as Weapons

We should keep in mind that although there are many readily prepared items available on the market for use as personal protection, there are equally as many simple objects that you may have at your disposal which could be used in defense.



For example, a credit card could be used to slash across the side of the face or eyes. Keys, a comb or brush, a pen or a pencil, can all be used to jab at an attacker in the face area.





A broom or mop handle, or an umbrella can be used to poke and jab at vulnerable areas of the body. An alternate grip (palms of hands facing in opposite directions) should always be used to reduce chance of dropping weapon.

The edge of a book, a rolled up newspaper, or the edge or clasp of a purse can also be used to jab at the lips, nose, or eye area of the face.



A sweater or towel could be used to swing at a person to distract him long enough to allow you to get away or to get a better defensive advantage.

If you are on the ground, you can throw dirt or sand into his face to distract him.



CHAPTER XIII

Defense Against Weapons

When confronted by an assailant with a weapon in his hand, you must realize that the attacker has one of two thoughts in mind. First, he is using the weapon only to frighten you, or secondly, he intends to actually use the weapon on you. Once an individual has interpreted what the assailants' goal is, that person should react with quickness and accuracy.

An attacker, approaching with a weapon, greatly reduces a victims chance of defending himself. Remember, defense against a weapon requires greater caution than any other attack situation. If the assailant intends to use the weapon rather than just frighten, you have no other choice but to fight for your life. Do not panic . . . you can be extremely frightened and still act rationally, if you know what it is you are to do; but to panic means you lose all sense of reason.

General Rules to be Observed When Attacked by an Armed Assailant

- **Do not show panic**—remember, panic is a total loss of reason.
- Never attempt to grab the weapon while the attacker is holding it, but do block his forearm, dodge to the side and kick, or dodge completely away and block his arm.
- Try to remain calm and poised and talk your way out of the situation, whenever possible.
- Avoid lowering arms when kicking at assailant, in order to protect head and torso.
- When administering a kick to the attacker, you must be accurate and make the kick count.
- Never delay your counterattack, in order to take full advantage of your element of surprise.

Various Situations Involving Weapon Attacks

SITUATION

Attack with a gun:

COUNTERATTACK

- As mentioned earlier, this situation greatly reduces your chances of defending yourself, so it is often best to co-operate.
- Talking is your safest tactic, if at all possible.
- Begin talking and gradually creep closer to the attacker once you are in very close range, shove the gun away from your body by thrusting your hand diagonally across your body and grabbing his wrist meanwhile, with the other hand initiate a hard finger jab to his eyes.

PRECAUTIONS

- Get behind the person quickly, because if the gun fires it will most likely go off in front of his body.
- The only time you should defend yourself against a gun is in a situation where you are certain the assailant is going to use the weapon against you.
- Attempt to keep your body as relaxed as possible for two important reasons: 1) relaxing your body will tend to make your assailant less excited, therefore, believing he is in control; 2) a relaxed body will also allow you to move quickly, utilizing the element of surprise.
- Make an offensive move only when you are assured that your adversary has lost his concentration for the moment.
- Your assailant must be close enough to allow you to deflect his weapon and establish control in one quick movement therefore you must use good timing and correct distancing. If you must take a step to get within reach of the weapon, then you have lost the offensive advantage.
- When a weapon is present remember that it complicates matters. Keep in mind that weapons, guns, knives, are there basically to intimidate you, not to be used on you. Learn how to deal with this person verbally, but **do not beg and plead.**

SITUATION

Attack with a blunt weapon:

COUNTERATTACK

- Forceful, upward block with an immediate palm-heel strike to nose or chin.
- Dodge, duck and maneuver away from attacker while initiating a loud scream.
- Kick groin or knee area.

PRECAUTIONS

- Never attempt to hold attacker's arm.
- Before attempting to block the blunt weapon, be assured that the weapon cannot make contact with your arm or other body parts while attempting block.



A woman identified by police as Jan Morrison, fires her handgun into an empty police car in San Diego. The woman, who held police at bay for nearly three hours, fired a total of 15 shots during the incident. Police were called by neighbors who said the woman had fired a shot in the front yard of a house on Mount Henry Avenue. She was later apprehended with a police officer receiving a bump on the head.

SITUATION

Knife attack:

COUNTERATTACK

- Quickly step to side away from knife.
- If there is anything available to wrap arm with for protection (towel, sweater, pillow) do so, and then ward off assailant with protected arm and screams.
- Block attacker's arm and proceed with palm-heel strike to the nose or chin, if within range.
- Execute side kick to knee or groin area.

PRECAUTIONS

- Do not attempt to take knife from assailant.
- Protect your vital organs so that if anything is cut, it will only be gashes to arms and legs rather than to more serious areas.
- When initiating kicks make them count.

- Keep arms up when executing a kick or block in order to protect head and torso.
- Do not show panic but rather remain poised and talk your way out of the situation if at all possible.

SITUATION

Strangulation from behind with rope, cord, etc.:



COUNTERATTACK

- Grab strangulation device quickly . . . lower yourself and back against attacker causing him to lose his balance.
- Have evasive movements promptly, trying to get some distance from your attacker; if possible, initiate a kick to groin or knee or palm-heel strike to nose and chin. (Whichever is more feasible according to your distance from the attacker.)

PRECAUTIONS

- Do not pull against rope, cord, etc.
- Initiate counterattack immediately in order to take full advantage of the element of surprise.

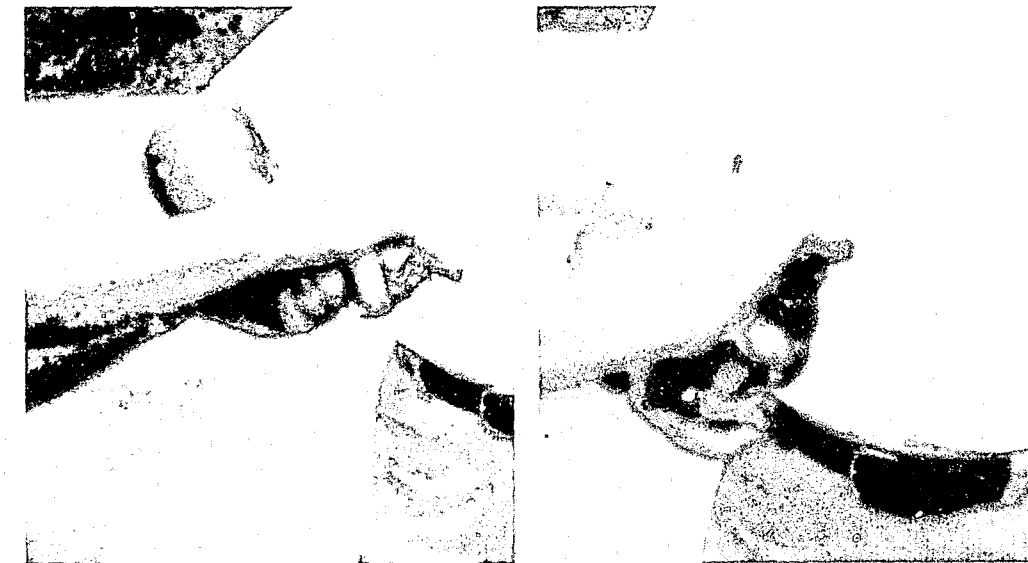
CHAPTER XIV

Specific Police Tactics

Disarming a Subject

Since the ability to protect and use a weapon comes only through training, the officer should remain calm and should distract the adversary before attempting to disarm him.

If the officer turns his back on his subject and loses his gun to him, he should remain relaxed, and make sure the gun is within reach before making any kind of movement. When he does make his move he should twist his upper body with the hand coming down to grab the cylinder of the weapon.



Once you have grabbed the cylinder, the other hand can be brought up under the cylinder and trigger housing as the hips twist back the other direction. Keep the arms straight, and the weapon pointing to the right.

This movement can be followed through with the weapon muzzle twisting toward the attacker. If done correctly, the index finger of the assailant will be immobilized.

If the gun threat is initiated by the adversary, the officer should bring his hand down around the gun cylinder while twisting from the hips. The right hand then comes up to grab the attacker's hand and butt of the gun. All of this should be done in one continuous action,

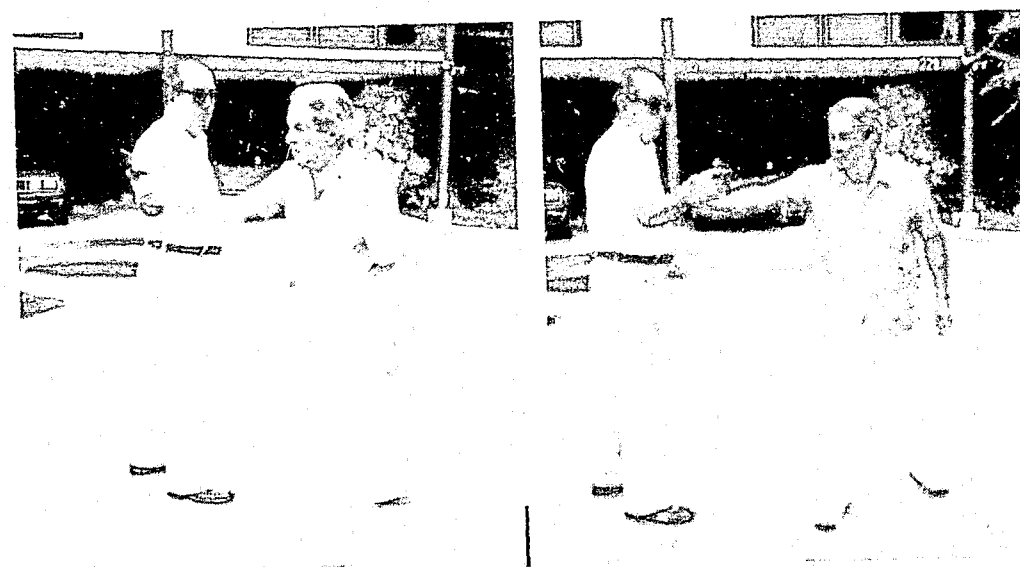


twisting the attacker's wrist and forcing the gun to the side.

As he is now immobilized, he can be kicked or have his weapon removed, and be rendered helpless.

Should the officer be held at gun point in the back, he should make certain he is in within reach of the gun.

For his quick defense he turns his upper body in a clockwise direction and with his right arm brings it down and strikes the gun holding hand of the adversary. A firm grip must be maintained on the attack-



er's arm so that as he twists back counter-clockwise he can grab the subject's wrist with his striking hand, using his left hand to help with

the wrist hold.

Additional twisting and pressure on the wrist will force him to release his weapon thereby allowing the officer further alternatives for counter attack.

One of the most important things to remember in self-defense is that the defenses **will** work. It is not up to you to prove their effectiveness, but rather, to learn to initiate the necessary skills. To say that the knowledge of self-defense will keep you from getting hurt is a misconception. However, it is better to be a little bruised and battered than to have a broken jaw, be raped, or even killed. A hard block **can** cause you some pain, but if it saves your life then the question is answered for you. Make your defense fit the situation and don't expect to rely simply on one move. It may work, but you should plan to have to follow through with several other moves if necessary.

Someone who attacks you physically intends to do some harm, therefore, remember to strike at his weak points. Perhaps the idea of hurting another individual does not appeal to you, but you may have only that option available to you. It may be a matter of either hurting him or allowing him to hurt you. Your move is defensive—his is offensive. There are no rules. If it works for you, it's right!

Control Methods, Holds and Releases

There are many control methods which can be used by a police officer for the resisting of arrest. These methods can also be put into effect with an aggressive child . . . perhaps with the purpose of escorting one to the principal's office. These methods consist of a series of holds or movements requiring proper stance and good physical proximity to the subject.

WRIST LOCK

To use the wrist control method, you should grasp the individual firmly at the elbow and the wrist (using an alternate grip). Then, apply pressure to the inside of the elbow joint and the bottom knuckles of the thumb and little finger, forcing the hand inward.

Now in one smooth motion, you can grab his arm with your hand and position his





arm with your hand and position his elbow against your side. Reach under his arm and place your third finger across his knuckles, applying pressure to the wrist.

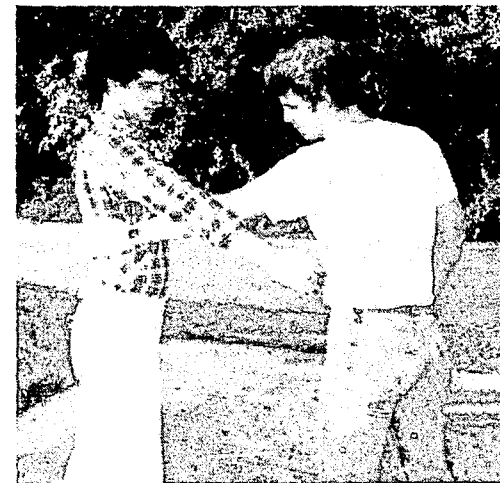
If, as the officer attempts to apply a wrist press, the subject continues to struggle, then you should move with the subject stepping out

and around the back leg drawing the subject off balance. You now have him in a double arm bar lock and can then take him to the ground.



ELBOW LOCK

In the event the subject tries to hit the officer in the stomach, he should strike against the inside of his forearm and then twist. In this



position, the subject's arm can be brought to the officer's shoulder in a locked position, thus forcing him to lose his balance and become immobile.

ARM HOLDS

If the subject makes an attempt to hit the officer's stomach, he should strike the subject's inside forearm, sliding the striking hand between the subject's arm and body. When reaching the subject's shoulder joint, it will cause your body to twist slightly counter-clockwise,



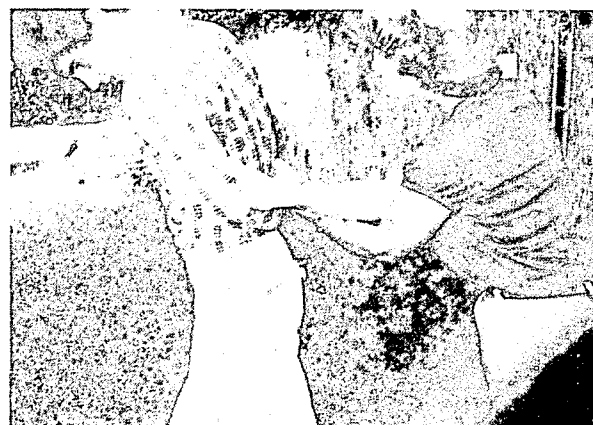
spinning the subject and forcing him downward. With the free hand, you can now grab the subject's other shoulder, pulling him upward, resulting in an arm bar lock.

To block any kind of blow, you must use actions which are snappy and vigorous. When practicing any of these techniques, safety rules must be observed carefully. Partners offer no resistance in practice, so avoid smashing or jerking actions.



As the subject reaches out, you should slash down into the elbow or onto the elbow or forearm.

Rotate the captured arm to turn back of the elbow up, and with the right forearm, strike down onto the elbow. Apply pressure by pulling up on the captured wrist and pressing down onto the back of the captured elbow.



You should use your forearm, and not your hand at the elbow. Remember to pull up on the captured wrist.

If, after the wrist is captured, the held arm is pulled up and back, use the force of the resistance to shove the arm back and up.



Pressure is applied by pushing upward on the wrist and gripping the collar with your left hand. Don't forget to grip the collar to assist your action, as the subject can now be controlled and walked. The arm is pulled up, not pushed against the back.

Another arm hold which can be used is the wrist hold with a takedown. As the subject reaches out, you slash down into the elbow area with force to bend his arm. You then grip the reaching hand with both of your thumbs on the outside of the back of his hand as you take a step forward.



Then, turning the subject's hand counter-clockwise, you take another step in to place your right leg behind his right leg. A continuous turning action assisted by the twist of your upper body effects the takedown. Your body action should assist in applying pressure. Remember to grip the entire hand, not just the fingers.

Grab Attacks

There are instances when you may be facing an assailant that reaches out to grab or strike you. If you do not want to escape totally from the subject but instead need to maintain a hold on him for various reasons, then the following attack methods may prove helpful to you.

As you bring the right arm over to grab the inside of the attacker's hand,



twisting it clockwise, the body also twists from the hips. At the same time you bring the left hand over and apply pressure to the attacker's elbow. In this position, he will not move or get away from you if you remember to apply continuous pressure on his hand.

Another tactic would be to grab the shirt under the subject's holding hand, and with the other hand, palm down and finger tips extended, thrust firmly into the subject's arm pit. As you thrust the finger tips, your body should twist in a counter-clockwise manner, keeping the feet in a stationary position to support your upper body movement.



To affect a release and maintain contact in still another way, bring your hand across from the hand that is holding you, and bring it up



from the outside. As the body twists from the hip area, you will move your hand to the wrist area of the attacker, and bring the outside hand over and under the elbow of the attacker. Push down with inside hand and pull up with the outside one, bending the attacker's arm abnormally and rendering him defenseless.

There are many ways to counterattack a subject, secure him, or lead him to a car or building. For example, if you are leading an assailant to the car, you simply grab his elbow and pull any of the fingers backward. However, it is important to keep in mind, once again, that simplicity is the best answer. Use the finger pulls . . . use pressure against the joints—such as the elbow, shoulder, neck or knee. And above all—be on guard, always ready. Combine tactics to get the most forceful point across to the subject. Inflicting pain will cause him to become defenseless. Look to the weakness of the subject. For every attack he initiates, you must be ready with a counterattack.



In another instance, as you are using the wrist control method, you can jab your foot into the back of the subject's knee, throwing him off balance.

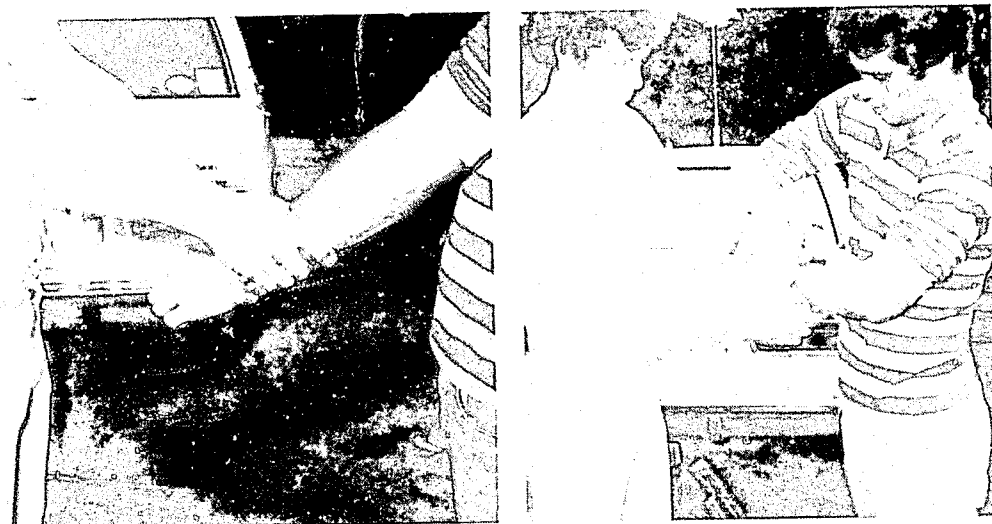
Whether the position is a headlock, a bear hug, or a choke, keep in mind that you always have a part of your body free and ready for some sort of defense. If for example, the subject gets you in a headlock, you must first turn your head toward him in order to relieve the pressure to the throat area. As you are turning, you can grab the assailant's

hold
ing hand and bring the remaining hand up to his holding elbow. As you push forward with the hand being pulled back, the subject will release you from this position, and you now have him in a hammerlock.



Still another means of escaping a headlock is to quickly stomp on his toes with your foot, and at the same time take the open palm and hit him in the groin. You can then use the other hand to reach up and pull his hair, pulling him backward and then counterattacking the throat and groin area

Many times an officer may find himself in a position where he may be grabbed by the wrist of his subject. In the event that this occurs, the officer should grab the inner side of the attackers wrist, then cross to



hold the inside of the subjects other wrist and push down and up simultaneously, applying pressure against the attackers interlocking elbows.

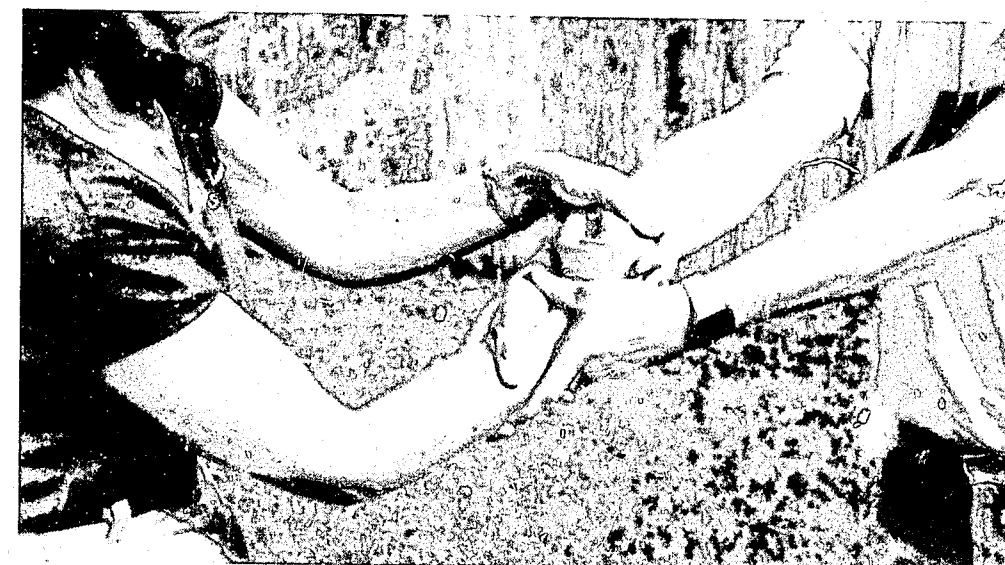
Wrist Releases

At other times, an individual may find himself in a position where they have been grabbed by the wrist for the purpose of being pulled into a parked car, an alley or open doorway. In this case, you would yank your wrist from between the attacker's thumb and forefinger, as this is the weakest part of his grip. Again, your reaction is immediate. It is a reaction to touch implementing the element of surprise. If you condition yourself to respond to immediate touch, then you are utilizing the element of surprise before his total muscle power overtakes you. As soon as you have made your release, you can counterattack with a knife blow to the neck, a padded fist to the nose, or a knee to the groin.



TWO-HANDED GRAB

When grabbed by an assailant with two hands, it becomes more difficult to escape by just using a circular move. In this instance, you simply make a fist and reach over his hands and grab your fist with



your free hand. Now using your body weight, pull your hand free, taking care not to strike yourself in the head with your own fist on the up swing.

DOUBLE-HANDED RELEASE

This release is used when you are grabbed by both arms from the front. You swing your arms in an upward arc motion with the power



initiated from the elbow, not the shoulder, again coming up from between his thumb and forefinger. Initiate this with a scream and a knee in the groin.



In the event that both of your wrists or arms are grabbed from behind, initiate your backward kicks to the attacker's knees, stomp on his foot, butt your head to his chin or nose. Then, follow through with more kicks or hand blows. Always turn your head and look at your target.

Front Strangle Hold Releases

There are several ways to accomplish the same purpose. The decision you must make is, what appears to be easiest and most spontaneous for you. In these releases we are concentrating on leverage, never muscle.

If the attacker has you in a front body hold, both of your arms will be free. First, grab his clothing—**not his body**—just below the collar or upper arms. As he is forcing you to move backward, pull him for-



ward as you place your foot in his mid-section or groin as you sit down. Your knee is slightly bent as you sit, but as you near the ground you forcefully extend the leg, thereby throwing the attacker over your head. You are taking advantage of your attacker's momentum, and as you apply this leverage to the situation, you will find that you can throw your subject flat on his back a great distance from you. To practice this skill you should use slow motion, and break each part down separately having your partner execute a forward roll directly behind your head.

The subject gets you in a front body hold. To begin with, you take a hold of the left side of the subject (his clothing) with your right hand, and grab his shoulder (clothing) with your left hand. Simultaneously, step around to the right side (shoulder side) of the subject, placing your hip against the mid-section of his hip. Your hip will serve as a fulcrum.

Throw the attacker by pulling the upper part of his body forward, simultaneously, twisting your trunk and extending your knees. This throw will put the assailant flat on his back with a slam.



Front Choke Hold

One of the easiest ways to escape a front choke hold is to execute a thumb gouge to the eyes. It is fast and effective, but you must gouge—not just scratch.

If his arms are very long and you sense you cannot reach his eyes or face, then you can clasp your hands together and,



bending your elbows, forcefully drive your arms upward between his arms to loosen his grip. You are making contact with your forearms against his. As he begins to loosen his grip, you then follow through with the "knife" blow to the side of the neck or thumb gouge to the eyes, and follow with the knee to the groin. You can continue with kicks, etc., if necessary. Initiate both releases with a scream.



The assailant grabs your throat with his right hand. You should, immediately, place your right foot forward as you bend both knees slightly.



Sharply twist your body to the left as you hit his right wrist with the heel of your right hand.



You can then follow up with a "knife" blow to the right side of the attacker's neck, or an elbow blow to the face, if the attacker is very close.

Remember, if a man is strangling you, you may have only seconds

to release his hold, therefore, you must act quickly and with determination.

In the event the subject grabs your throat with both hands, you should immediately step forward on your right foot, bending at the knees. You then swing your left arm upward and toward your left. As you step forward with your right foot, you will hit your upper arm and shoulder against the outside of the subject's left wrist. You can then follow through with a "knife" blow to the right side of the subject's neck with your right hand.



Rear Strangle Hold Releases

When a subject grabs you from behind, your first concern is to release his grip. You cannot hope to "out muscle" him by pulling against his arms. This will only further aggravate him thus causing him to tighten his grip on you.

Grab one of his little fingers. This is the weakest finger, and the

only one you will be able to move, but once you have it, you have control over his entire hand. Wrap your hand around his finger and proceed to jerk it straight back. This tactic can then be followed through by delivering kicks to the shin and knee while maintaining a hold on the finger. As he begins to release you, turn around quickly and jab his eyes with your free hand.



As a rule, if a man is going to attack you from behind, he will be in a natural walking stride with one foot ahead of the other. He has only

one thought in mind—that being, to walk up behind you and wrap his arms around your neck.

In this situation, you can now reach upward to fake a head grasp, then quickly bend forward and grab the assailant's leg near his ankle. As you are leaning backward you continue this motion, pulling his leg up as you fall backward, sitting down very hard on the assailant's stomach.



Perhaps you find yourself in a situation that has the attacker grabbing you around the neck with his forearm. Your immediate response should be to turn your head to the side slightly to get a "bite" of air. Then, grab his right wrist with your left hand, and his arm, as close to the shoulder as possible, with your right hand. Using leverage, you bring the attacker over your right

shoulder by bending your trunk forward and twisting it to the left, pulling forward with both arms as you drop down onto your right knee. This skill should be practiced using a "dummy" rather than a buddy, as it does, in effect, execute a body slam flat on the back.

If the assailant grabs you from behind with a one arm choke



hold, tuck your chin quickly, and with your inside arm, execute a forceful elbow blow to the solar plexus while kicking at his shins. As he begins to back away to protect himself from your kicks, deliver another elbow blow to the solar plexus and pivot away from him. You can now follow through with the necessary strikes and blows to the face, etc., as necessary.

Rear Overarm Bear Hug

If the attacker grabs you from behind, you can very simply tense your body muscles, lifting your feet from the ground and forward, and execute a "groin slap" which will result in an immediate release.

An alternate method would be to move your hips quickly to one side. Step out to the side with the outside foot and lift the inside foot,

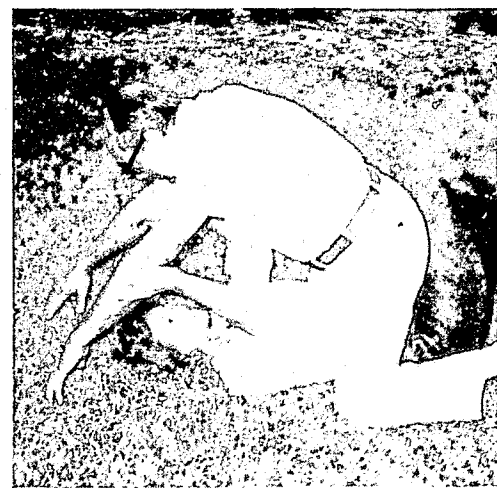


placing it behind the attacker. You would then pivot around the inside leg to throw the attacker off balance, backwards. Counterattack immediately, with appropriate moves. You must use leverage in this method and not attempt to throw attacker by merely straightening up with your body. Throws are difficult to perform successfully and require advanced skill. You should practice until your moves are quick and automatic.

Releases from the Ground

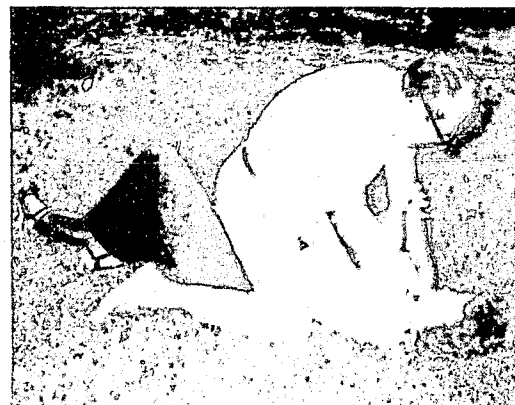
You may find yourself in a situation where you are knocked to the ground and the attacker begins to choke you. If at all possible, you should never let yourself get to this point. If however, you have used other defensive measures and he is persistent to the point of getting you to the ground, there are still escape methods possible. Remember once again, 1) always use the element of surprise, 2) use your ability to think, 3) scream, and 4) respond immediately to touch.

As he is sitting on top of your mid-section in an effort to strangle you, you first bring one knee to a bent position to give you leverage, then place your thumbs on the inside of the bend on the attacker's arms. Forcefully strike up on his arms as you bring your straightened leg up and hit him in the crotch with your knee.



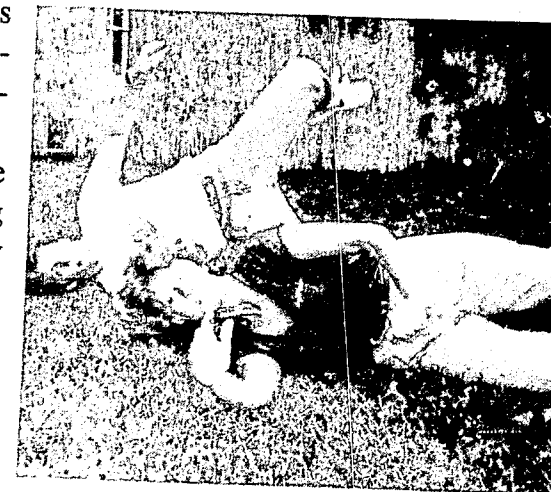
The momentum of his leaning forward to choke you, gives you an opportunity to continue his motion in a forward direction. Once you start the motion there is little he can do to counter balance. Continue pushing the attacker forward and swiftly roll to your right and out of the way. Again, leverage is the key, as is the ability to use the strength of the attacker against himself.

There is an alternate method to use, whether the attacker is straddling you or kneeling next to you. First, you should bend your knees slightly to give you leverage. Next sharply twist your body to the left and strike the attacker's right arm (just above the wrist) with the heel of your hand. Be



sure you reach up and across his left arm, and not underneath, so you will avoid getting trapped in his arms.

As you continue to push the attacker to the side, forcing him off balance, you very quickly roll to your right so you are clear of him. You are now in a position to counterattack or to run, depending upon the circumstances.



One word of caution . . . bear in mind that as we talk in terms of left and right, you should learn to react from right to left, as well, as left to right.

Hair Releases

There is nothing more painful or disconcerting than having your hair pulled. This is a good defensive tactic for you to utilize, but it may also be an attack used against you! If your hair is long and he grabs the end of it, move toward the subject—not away from him, placing one hand on top of his fist, meanwhile, placing the other hand on the same piece of hair he is holding. While you are doing this, you should scream and



execute kicks to the knee and groin area.

If he grabs your hair very close to the scalp, you place both of your hands firmly over his hand and press down on your scalp to help alleviate the pain. If possible, grab one of his fingers and bend backward, causing his release of your hair.



Automobile Removal

There is a "right" way, and a "wrong" way to remove a subject from an automobile. If not done correctly it can be very dangerous to the officer.

It is important to approach the automobile from the rear so as not to give the advantage to the motorist by coming up from the front and giving him opportunity to start his motor and possibly try to run you over. Always talk to your adversary from a backside position too, in order to keep the subject from opening the door against you and throwing you off guard or balance. While approaching the subject's car after dark you should leave your headlights on in the bright position, and weave in front of the lights, thus giving the appearance of more than one officer approaching.



If the adversary resists removal from his automobile he can first be weakened by delivering a "knife" blow to the forearm. Then, using his striking hand, he can grab the subject's holding hand pulling it back. As the arm straightens, the locked elbow is

pulled back against the door frame of the car.

As the arm is pulled back, the officer's remaining hand is thrust into the shoulder joint with a push downward. As the push-pull pressure is continued the subject will "permit" removal from the automobile.



Handcuffs can now be placed on the subject's back wrist. To keep the subject on the ground the foot can be placed in his shoulder joint as the cuffs are applied to the other wrist.

With the subject's head resting against the car, he can now be searched.

Getting Adversary into Automobile

As the saying goes: "you can lead a horse to water but you can't force him to drink". You may apprehend the subject and get him to the car, but he may resist getting in. Grab him by the collar and with your inside foot, thrust it into the back of his knee pushing it into the door, causing him to fall toward the car.

As you continue to apply pressure to the knee he will seek refuge in the car. Once you get the adversary into the car caution should be used while closing the door.



The Use of Handcuffs

The ability to use handcuffs can be one of the most valuable assets any officer can have. It should be noted that a right handed officer should always carry his cuffs on the right side, and have them readily accessible for use. He should use common sense in keeping them in working condition and ready for his daily use.

Once the attacker's hands are cuffed, the officer must secure the hands so that they cannot be used against him, causing injury to the face, or by giving him the advantage of getting the officer in a choke position.

Though there are several ways the handcuffs can be held, we will assume, for the purpose of this section, that they are being held by the chain that separates the two cuffs. To attach the cuffs to the subject's wrist can take just a slight strike to his wrist and they will lock.



As the cuff strikes the wrist, however, the officer should grab the attacker's elbow with his other hand and keep an even pressure on the cuff.



To take the subject on down to the floor, the right foot slides forward to the back of the attacker's knee and pushes him downward. When the subject falls down to the floor, the officer continues pressure with the foot and pulls the cuffed hand back to the rear.

Since the subject is under duress, he will allow the officer to cuff his other hand behind his back. Once the subject is on the floor, the officer can place his right knee into the kidney area giving sufficient pressure to keep the subject in a very "willing" position.



If the adversary attempts to hit your face with his forehead, while handcuffed, simply step backward, and take hold of the back of his head with your left hand and force his head downward. While in this position, you are able to make any necessary counterattacks necessary (kicks, blows, etc.)

CONTINUED

1 OF 2

If while the subject's hands are cuffed in front, he tries a double punch to your face, you should take a step backward with your right foot and then use your left hand to grab the handcuff chain. Pull forward and down, and while in this position, you can use any of your counterattack tactics.



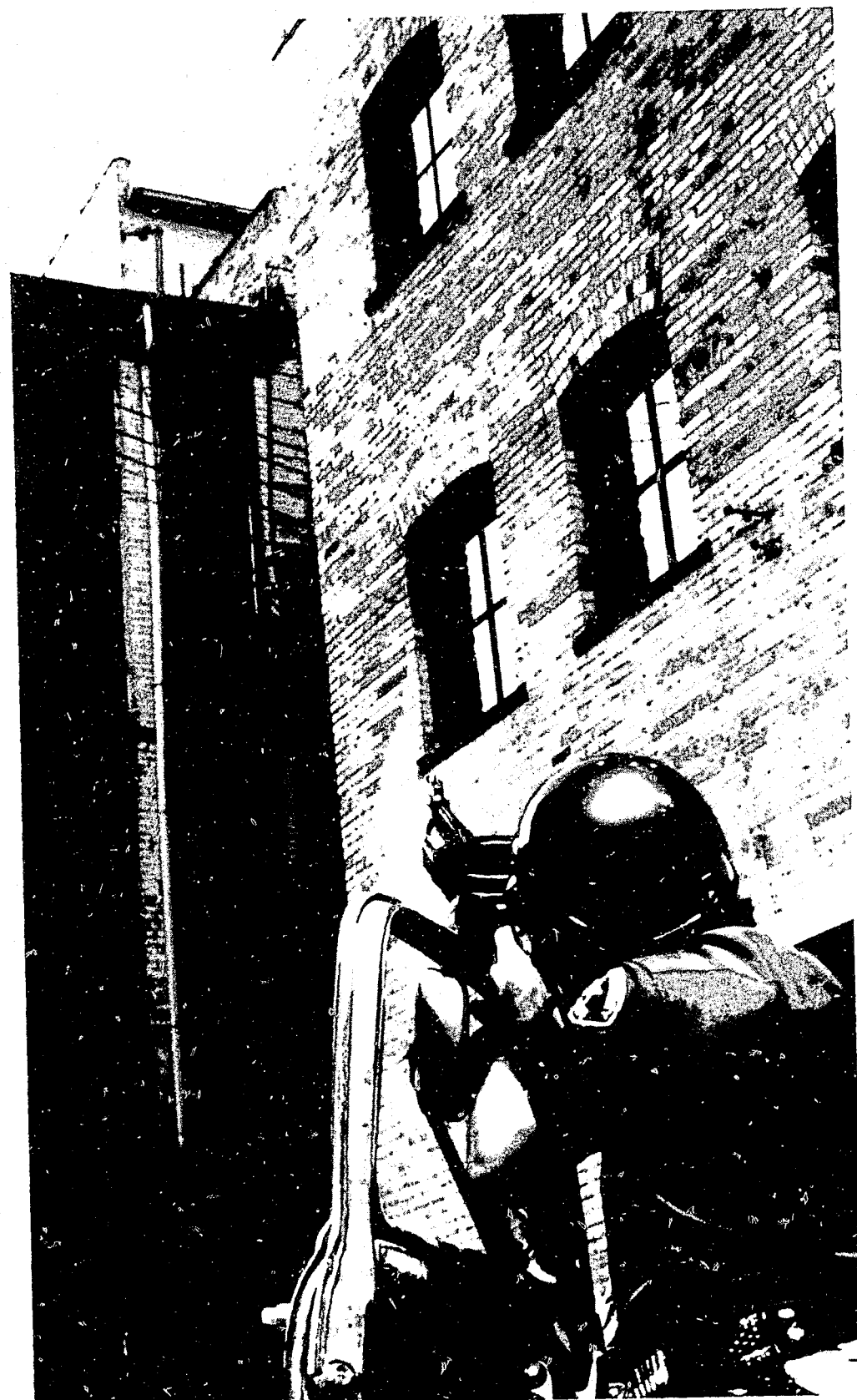
Should the attacker attempt a front kick to your body while his hands are cuffed in front, simply step back with your right foot as you block and grab the inside of his ankle with your left hand. You can pull his kicking leg toward you and forcefully drive your right hand downward against his knee.

To make a proper search of an adversary and then put him in handcuffs, you first position him in a wide and low spread with the finger tips against the wall. Next, the officer should place one hand on the back of the adversary while placing the inside foot behind the subject's foot. In this position, the officer's foot can act as a tripping mechanism in the event the subject makes any movement. The subject is now encouraged to lean for-



ward, resting on his head, and brings one hand behind him for cuffing. As the officer is now in total control, he instructs the subject to move his other hand behind him for cuffing.

It is often difficult to handcuff a resisting subject, therefore, the officer should apply a few kicks or blows to the subject in order to distract him enough that the officer can quickly apply the cuffs to one hand. The adversary's hand is then pulled very quickly down between his legs and the officer's back hand grabs the cuffs as the right hand simultaneously grabs the right wrist.



A police marksman demonstrates the versatility and maneuverability of the American 180 automatic rifle as he covers the advance of a fellow officer into a suspect area.

CHAPTER XV

Night Stick and Other Related Weapons

Police officers have quietly forgotten the need and usage of the night stick. It is the policemen's advantage to know how to use the night stick, as both an offensive and defensive weapon. The common citizen can also relate the use of umbrellas, canes, bats, etc., as weapons similar to the policemen's night stick. A bat or club is not always readily available to you, especially on the street, but an umbrella could be carried, in any kind of weather, to be used in thwarting off a would-be assailant. Therefore when reading this section, interchange the words night stick and umbrella, according to your need or the situation.

These weapons can be used both offensively or defensively, according to what the situation demands. Also, they can be used for leverage or to lead individuals from one area to another. The following pages will give illustrations in using the weapon both offensively and defensively.

There are basic steps that should be taken when using the night stick to alleviate making crucial mistakes. For example, the grip on the stick should be an over and under hand grip. This lessens the risk of getting the stick knocked or dropped out of your hand. Also, the proper stance, as described earlier in the book, should be used to insure adequate footing therefore improving your balance during your attack.



Uses of the Night Stick

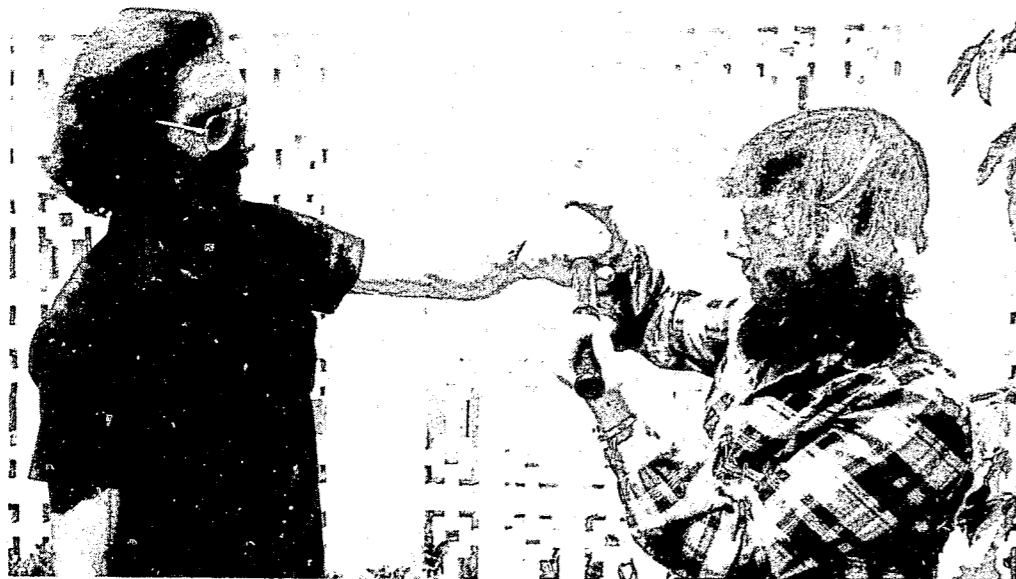
TWO HAND JABS TO BODY PARTS

To overtake a subject, you should have the proper grip on the stick. While taking a forward step toward the individual make a quick jab to



the stomach, groin, head area, or all three. Keeping one foot forward will help you maintain your balance while taking your action.

If, while holding your night stick with both hands, the subject makes an effort to take it away from you, simply wrestle with it allowing him to overpower the stick to an overhead position. In this posi-



tion his eye contact and concentration is on your face, eyes, and in grappling with the stick. Since you have now averted his attention, give him a forceful knee to the groin area, release your hold on the stick, and make your escape.

ONE HAND MOVEMENT

To make a one-hand movement toward an assailant, would require you holding the point of the stick or umbrella to cause a spring action



thus making the hit itself more forceful. Caution should be used in the one-hand hit because of the chance of losing your grip on your weapon. One advantage of using the one-hand hit, is that there are no wild swinging motions with the stick. Wrist action is essential in using the one-hand movement.

Behind-the-Back Hold

As with any offensive movement, you should be in the ready position, with a good grip and in the proper stance position. If the assailant attempts to strike you, react by hitting him in the wrist area and then quickly thrust the stick between the arm and forcibly into the rib cage.



The stick is then twisted in a clockwise direction, causing the subject to bring his body to your side. Finally, you should grab the assailant's



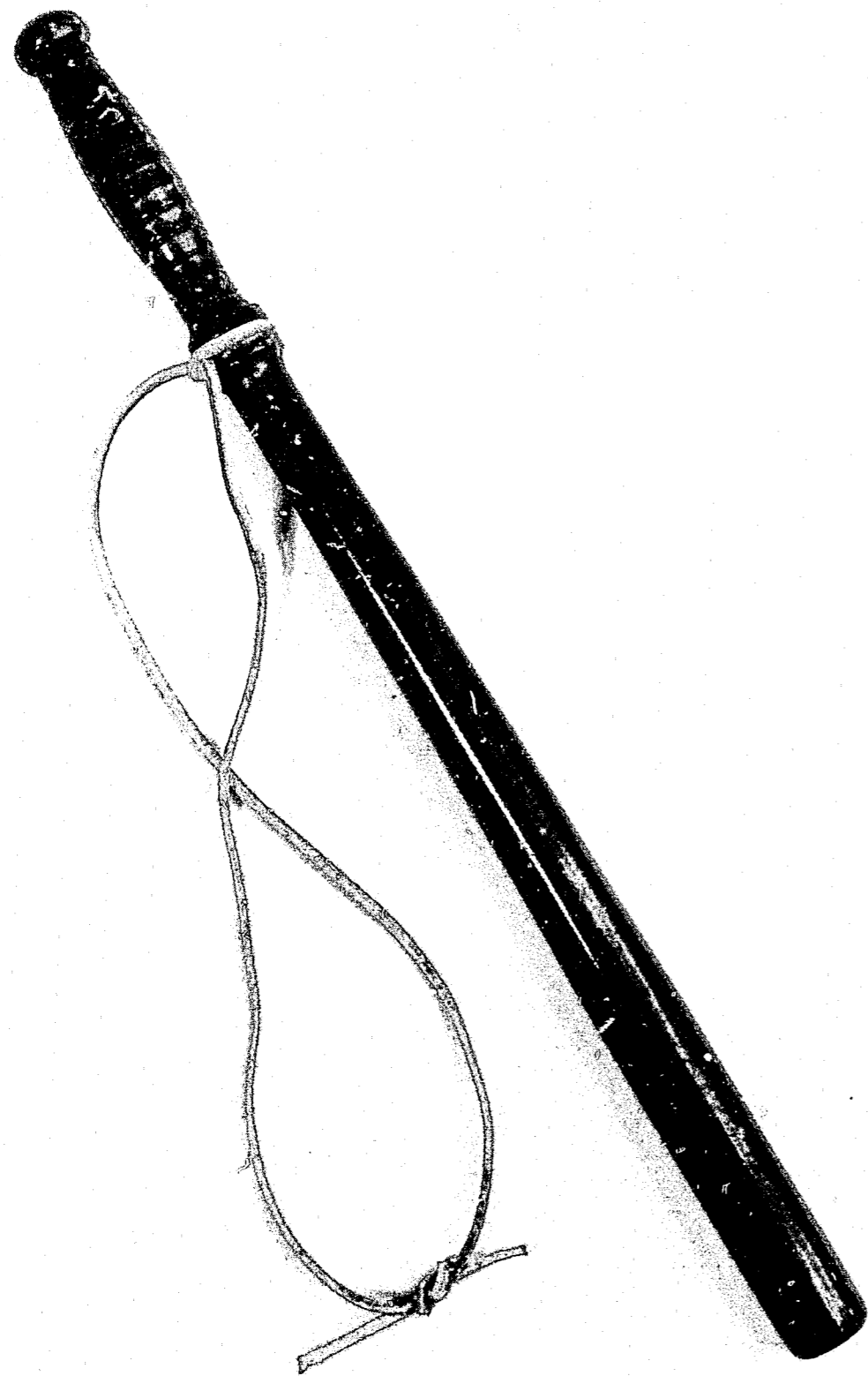
shoulder causing him to be in front of you while completing the behind-the-back hold.

Arm Hold

If a person is sitting, and refuses to get up, as in the case of resisting arrest, you can hit the person on the forearm and quickly slide the stick between the arm and ribs.



With both hands, you then twist the stick counter-clockwise causing him to lift from his seat.



CHAPTER XVI

If You are a Victim of a Crime

No matter the amount of preparation, you must know what to do in various situations if you are unfortunate enough to actually be the victim of a crime. What would you do if someone was in your car as you walked to get in it? What would you do if you awoke to hear someone in your house? What should you do if you are in a store while it is being robbed? There are a number of situations which you could encounter, but would you know how to react?

Let's consider some situations that could occur at your home. If you return home late at night and discover that someone is burglarizing your house, what should you do? First of all, don't try to be a hero! Most burglars dread the thought of being encountered by you or anyone else. Leave immediately and telephone police. Remember, you can replace material things but you cannot replace your life. If you did decide to apprehend him yourself, you may make the thief panic, therefore, causing him to physically hurt you or others in the house. Thus, your best defensive tactic is to leave and call the police immediately.

What should you do if you happen to wake up in the middle of the night to find a prowler in your house? Don't panic and cause the burglar to do more than steal your material valuables, but rather, lay perfectly still as though you were asleep. If at all possible, try to get a glimpse of him, noticing his appearance for future use in identifying him. If he isn't aware of you being awake, his getaway time may be slower, therefore, as he leaves you can call the police promptly, and possibly catch him that very night. Remember you **do not** want the intruder to know you are awake . . . **do not** get up and shout and try to frighten the burglar away. You are risking not only your valuables but more importantly, your life.

If you should inadvertently surprise a thief at work, don't scream unless he actually threatens to hurt you. When you surprise him, he may run off scared and take nothing. Stay calm, and if he should re-

main, assure him that he may have whatever he desires. Let him take it but then report the incident to the police immediately, taking note of his bodily characteristics and of items the burglar touched, in order to make it easier for the police that investigate the crime.

As you leave a store, you notice someone is bothering your car in the parking lot. You are not sure if they are stealing it or trying to get into it to surprise you, but what should you do? Again, remember this is not TV and you need not be a hero but rather you should use good judgment and return to the store immediately and call the police. Also, you should contact the store manager because he should be aware that this crime is taking place on his premises. You might say, "By that time, they will have already stolen my car!" Yes, that may be true, but you have saved your life and we all know which is more important. The police will already be aware of the crime taking place so even if your car is taken, it could possibly be recovered just as quickly as it was taken.

No matter the circumstance, whether it be in a store, at home, or in the car, you should remember to stay calm, remember not to be a hero, and lastly, remember that if it is a choice between your life and material valuables, we all know that your life is most important. Try to avoid any confrontation with the criminal, because basically they will panic if they are encountered while in the midst of committing the crime. This panic usually results in some physical harm.

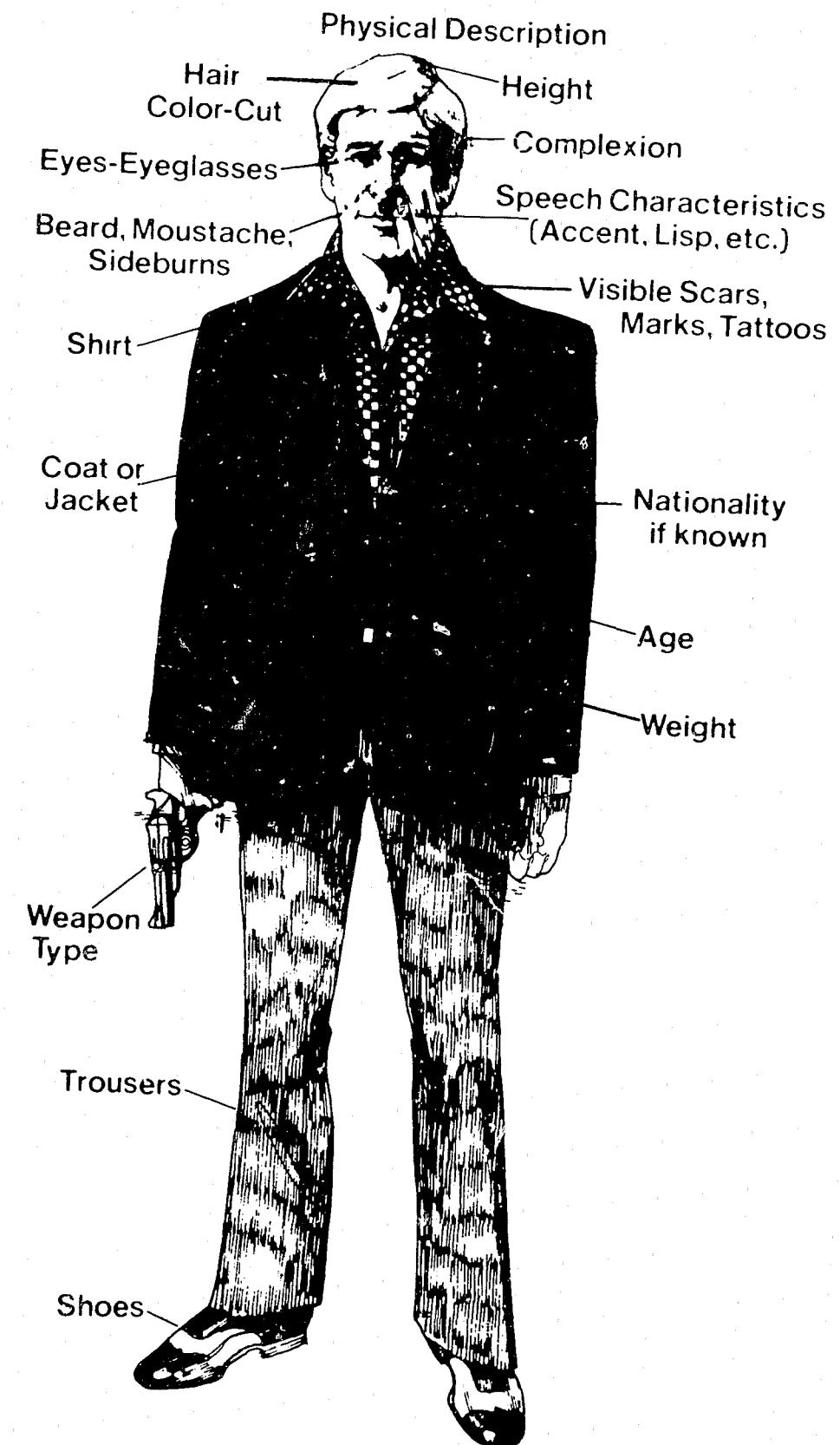
Reporting the Crime

The vast majority of people feel that reporting a crime is useless. Often, they are forced into reporting a crime in order to receive insurance benefits. One nationwide survey showed that twice as many crimes such as robberies, rapes, burglaries, and larcenies of \$50 or more, actually occurred than were actually reported to police.

Why are people so apathetic in reporting crime? Why do they not feel an obligation to report such an act of infringement on their personal rights? Statistics prove that three out of four people who commit crimes have done so before as a direct result of the victim's apathy in reporting the crime. Some people feel that "it isn't worth it" because nothing will be done, while others are afraid to report the crime for fear that the criminal will return to even the score. No matter the excuse for failing to report the crime, we all should feel a responsibility to report any criminal act that we have observed or have had happen to us.

Most crimes are reported by telephone. Many cities and towns have established a 911 emergency telephone line system. Stay calm as you

SUSPECT IDENTIFICATION CHART



are calling. Specially trained operators are on this line, ready to handle your emergency. Simply dial 911 and give the essential information, briefly and quickly. Initially, explain what is happening and whether it is still in progress. Explain where you are, the street number, etc., and be very specific in order for the police to be dispatched quickly and promptly. When making the call, the trained operator comes on the line, takes the needed information and sends help immediately. Seconds may be very precious, so be very calm and give specific information as needed by the operator. Also, in some cities where the 911 telephone line is operating, pay telephone booths will not need the coin in order to be operable.

If a 911 line is not available in your area, simply dial 0 and explain the emergency to the operator, as described above. To avoid having to do this, you should have various emergency numbers (police, fire department, doctor, etc.) readily accessible to you.

While waiting for the police to respond to your call, do not bother anything which could be used as evidence in the crime. It is tempting to clean and pick up around the house after it has been burglarized but **do not**. If you start moving things around and cleaning up, you might disturb some crucial piece of evidence needed by the police.

In reporting the crime, the description of the assailant is very important. Personal characteristics are much more important to note than his attire. Try to pay particular attention to characteristics that cannot be changed, such as birthmarks rather than hair color, or scars rather than a beard. By remaining calm, you will be able to be more observant.

To aid the police in identifying the assailant, note as many of the following characteristics as possible:

sex	shape of nose
skin color	teeth
age	distinguishing characteristics (scars, birthmarks, etc.)
height	physical abnormalities
weight	speech characteristics
body type	clothing
color of hair	mustache or beard
color of eyes	hair style
type of weapon	conversation during the assault.
which hand the weapon was held	

CHAPTER XVII

Warm-Up Exercises

If you have not established a daily pattern or routine of exercise, it is recommended that you set aside at least 15 minutes a day to obtain optimum body strength. If muscles are tight from lack of activity, they are more likely to be strained or pulled by sudden movement. Although the principle of leverage is practiced extensively in self-defense techniques, muscular strength and flexibility are also quite necessary. The exercises listed on the following pages, which develop flexibility, strength and endurance, will be beneficial for self-defense techniques but as an added bonus will firm and tone your entire body for a more attractive personal appearance and total good health.

Enough exercises will be listed that will allow you to add variety to your exercise program. The exercises are divided into three categories: strength, endurance, and flexibility. Select exercises from each group and repeat each exercise ten times; as your physical strength, flexibility, and endurance increases, so should your number of repetitions of the various exercises.

Endurance Exercises

Purpose: To increase cardiovascular strength, thus if you are being chased, you will not tire so easily.

JOGGING

Jog in place or moving around the room, beginning with 30 seconds and gradually increasing the time.

JUMPING ROPE

Jump rope beginning with one minute and gradually increasing to five minutes; alternate hopping on both feet simultaneously with one-foot jumping for balance.

BICYCLING

Excellent exercise as well as pleasurable to help develop endurance. Begin with riding for 20 minutes and gradually increase the time.

SWIMMING

Another "fun" way to develop endurance. Initially, you should begin by swimming five laps (lengths of the pool) and increase gradually.

JUMPING JACKS

Start with ten jumping jack and slowly increase to 30 or more.

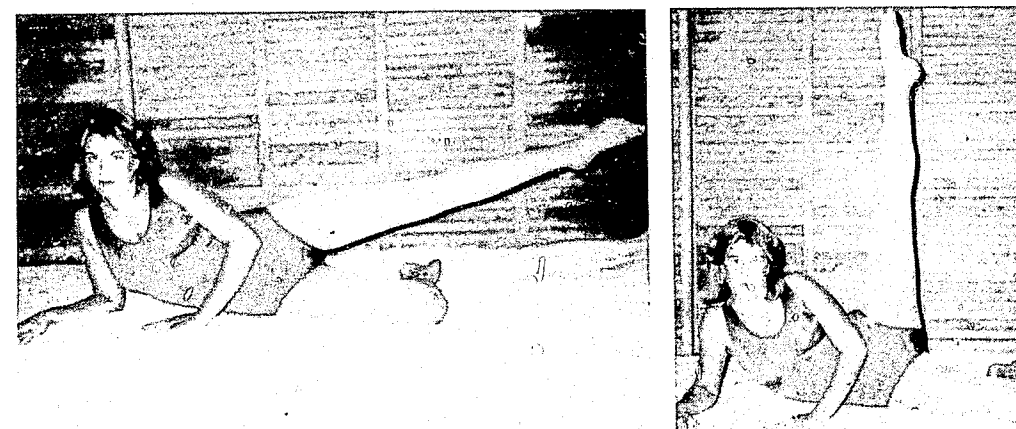
Flexibility Exercises

Purpose: To stretch various muscle groups essential in self-defense methods.



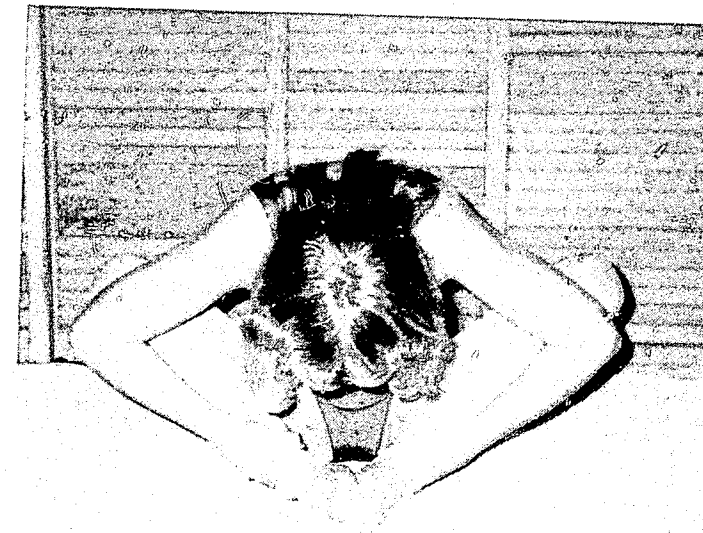
EXERCISE NO. 1—HURDLE STRETCH

Sitting with one leg outstretched, other leg bent at knee. Reach hands to outstretched foot and press upper part of body to knee area. Alternate sides. Keep knee flat to floor on extended leg.



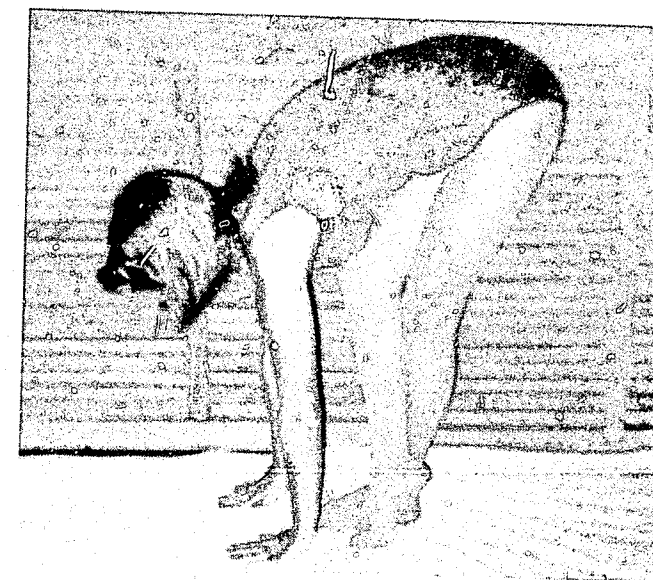
EXERCISE NO. 2—SIDE LEG RAISES

Lay on side, keeping bottom leg slightly bent to stabilize you. Keep top leg extended straight (do not bend knee) and raise and lower rapidly. This exercise develops flexibility for kicking.



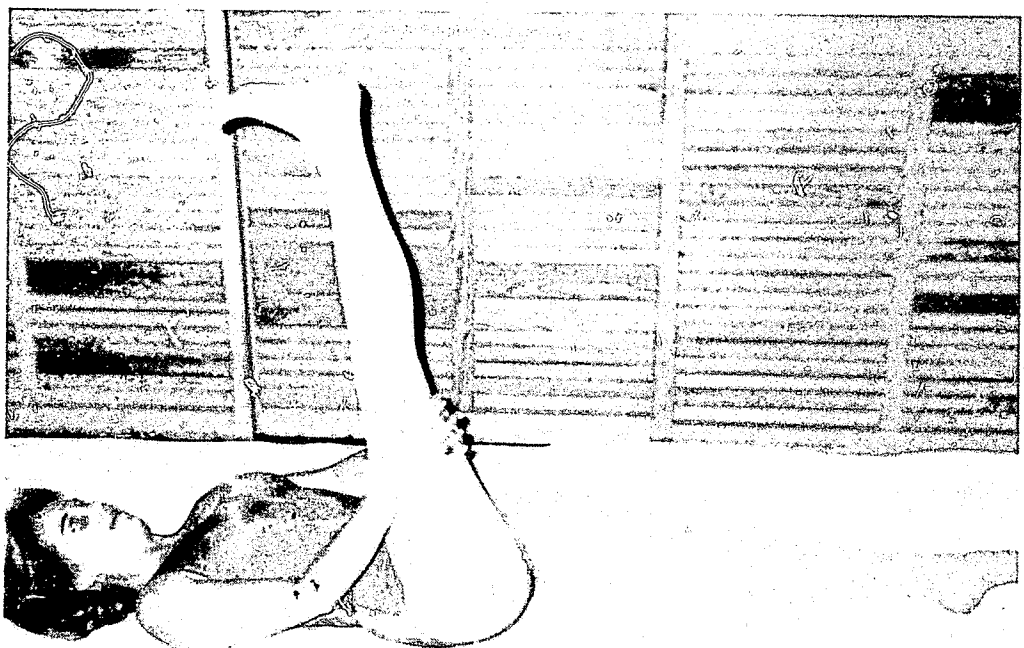
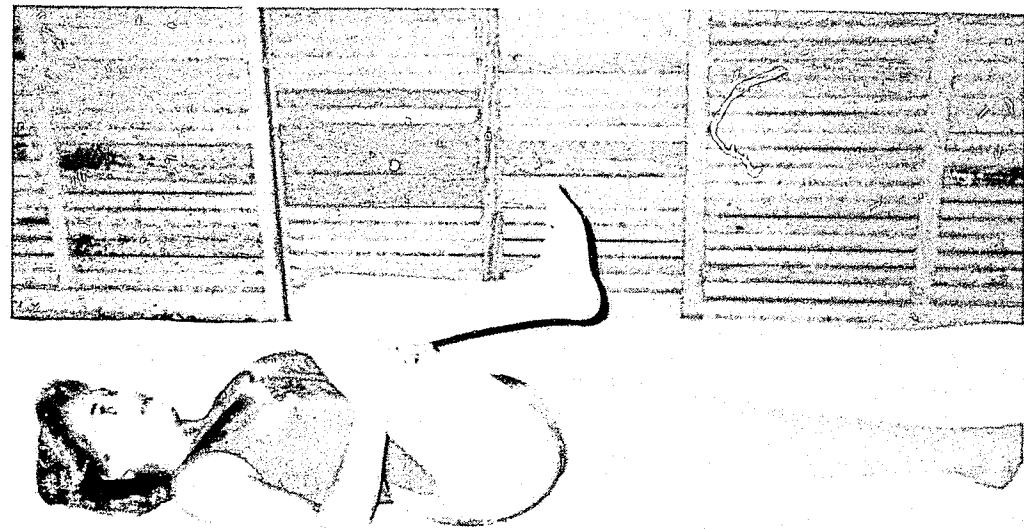
EXERCISE NO. 3—BACK STRETCHER

Sit on floor with soles of feet together and grasp ankles with your hands. Slowly pull your trunk forward, lowering your head toward your feet. **Important: Do not bounce**—pull . . . lower . . . hold . . . and gradually return to starting position with body erect.



EXERCISE NO. 4—CROSS-LEG STRETCH

Stand and cross your right foot over your left so that the outer edges of both feet are touching each other. Bending the crossing leg, slowly lower your body and attempt to place your hands on the ground. Don't be frustrated if you don't make it the first few times, just try to go lower each time. Hold this position without bending your supporting leg for ten seconds. Repeat three times, then reverse the position of your feet and do it again.



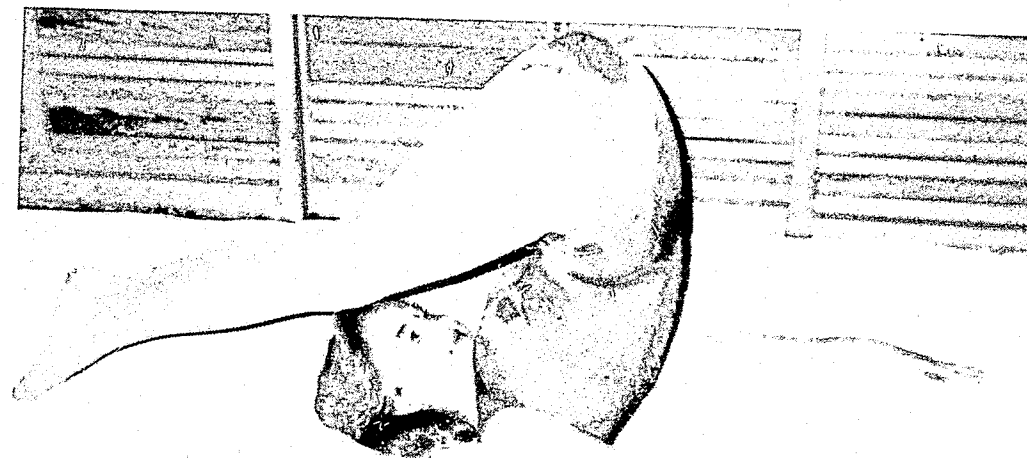
EXERCISE NO. 5—HAMSTRING STRETCH

Lying on your back, bring your right knee toward your chest. Use your hands to bring your leg as close to your chest as possible. Keep your feet flexed and stretch your leg straight up into the air. Return to the starting position. This exercise should be done slowly, beginning with five repetitions on each leg.



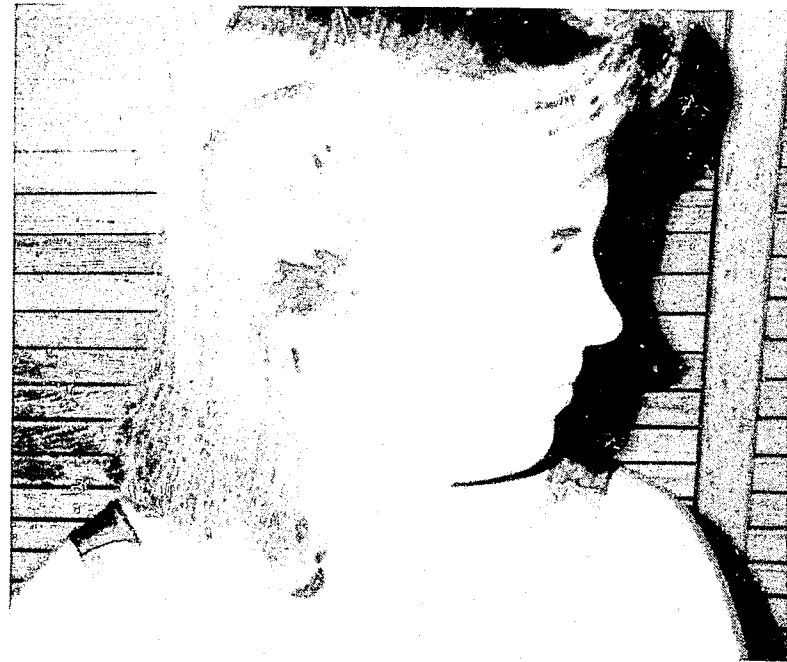
EXERCISE NO. 6—STRIDE SIT

Sit on floor with upper body erect and legs spread apart as far as possible. Reach forward with both hands toward your ankle. Pull feet back toward body to get maximum stretch. Return to starting position and stretch to the other leg. Then stretch to the area of floor between legs. Important to keep legs on the floor during exercise.



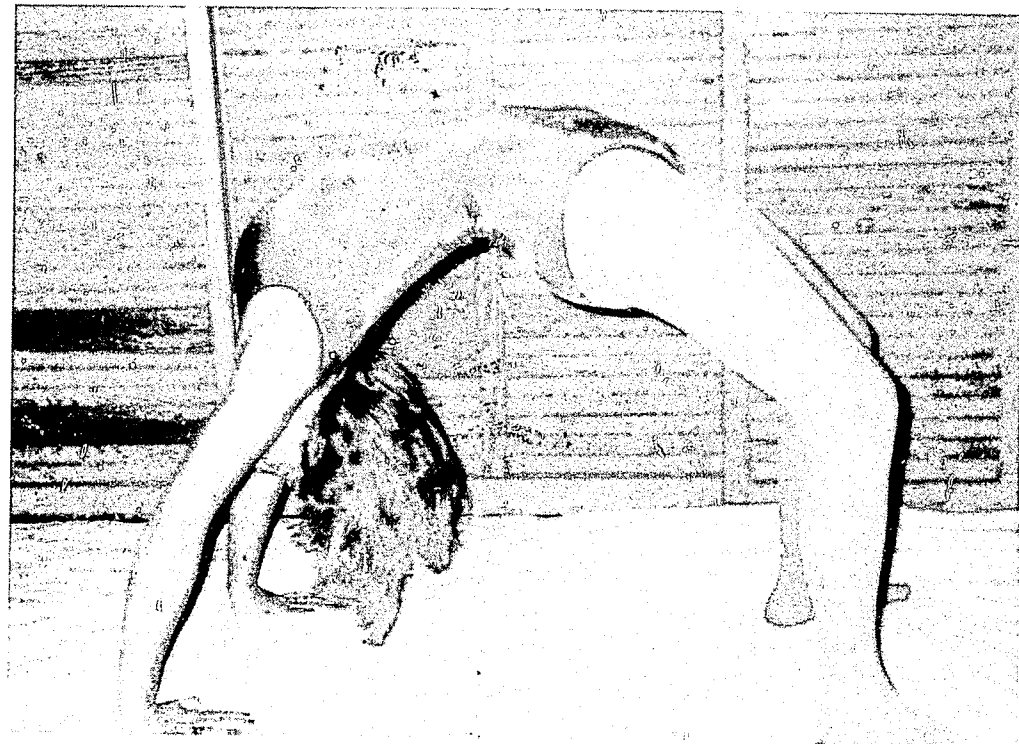
EXERCISE NO. 7—LEGS OVER

Lying on your back, bring both knees to chest. Extend both legs and hips toward the ceiling until they are perpendicular to the floor. If needed, support your hips with your hands. **Slowly** lower your legs over your head until your toes rest on the floor behind your head. Hold for five counts then slowly return to the starting position. Repeat one to two times.



EXERCISE NO. 8—NECK AND HEAD ROLL

Sitting or standing, roll the head in a clockwise motion and then repeat in a counter-clockwise direction. Relax and repeat to both sides.



EXERCISE NO. 9—BRIDGE

Lying on your back, with feet on floor and hands in a position with your fingers pointing toward your shoulders, raise the body upward by pushing with arms and arching the back. Hold for a count of five—repeat and gradually increase the repetitions.

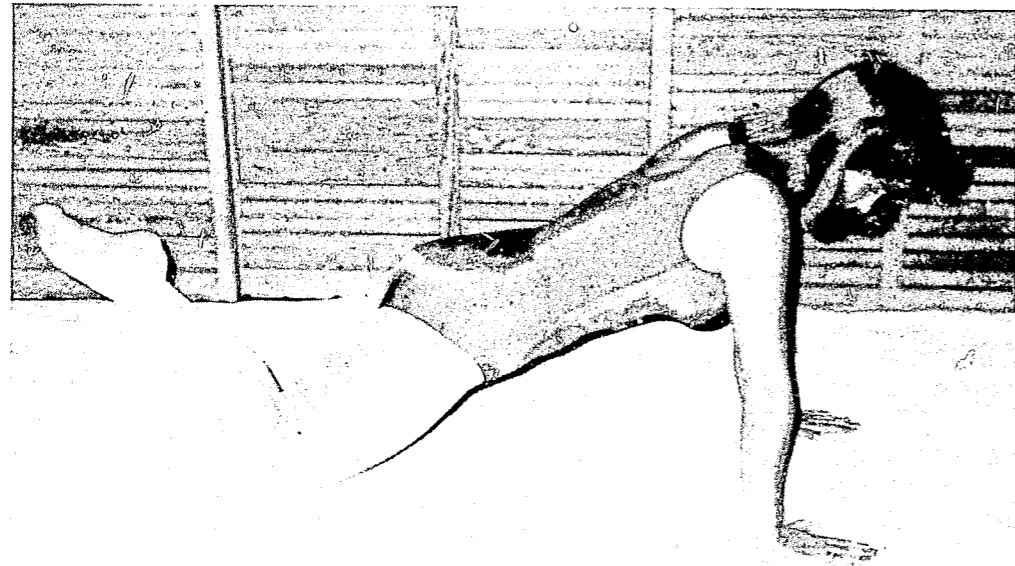


EXERCISE NO. 10—SIDE STRETCH

Stand with feet shoulder width apart and arms extended over head. Put left hand on the left hip and stretch to the left as far as you can reach. Repeat to both sides.

Strength Exercises

Purpose: To increase muscular strength to better enable an individual to be equal to the task of defending himself.



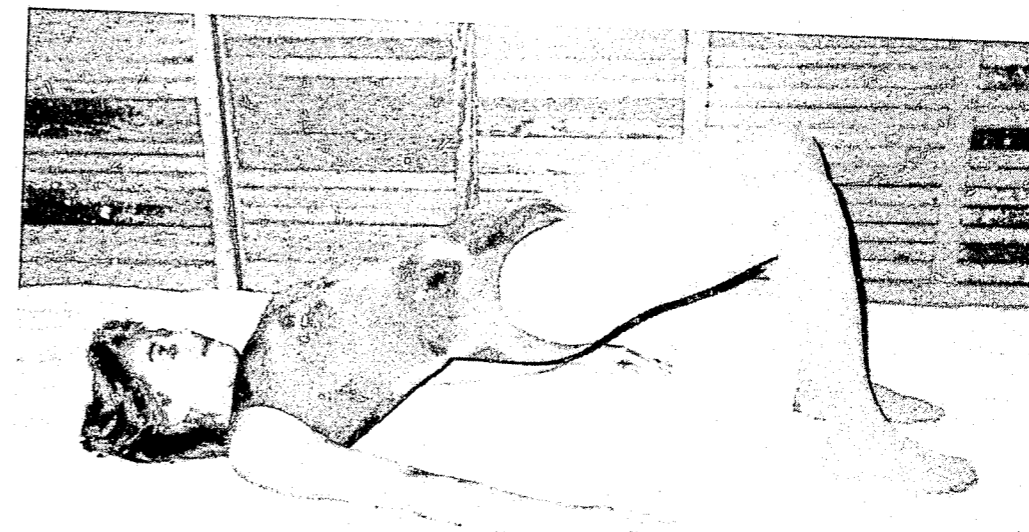
EXERCISE NO. 1—PUSHUPS

Lying on your stomach, push body up in a straight line from knees (women) or feet (men). Bend arms to lower body in a straight line to a level below elbows. Repeat initially ten times and gradually increase.



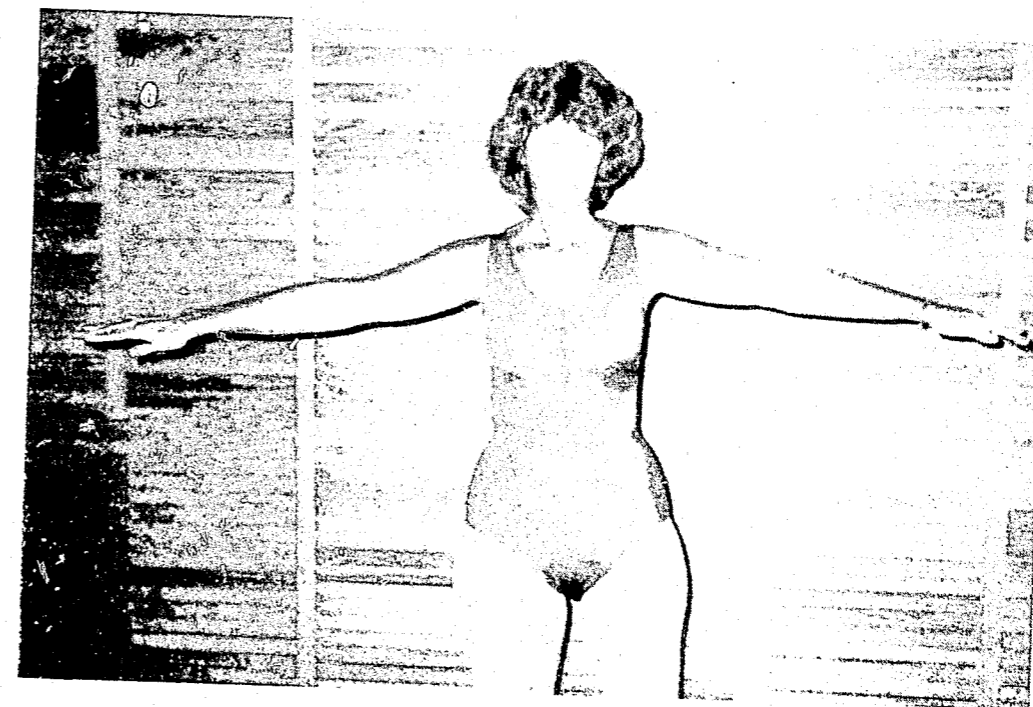
EXERCISE NO. 2—SITUPS

Lying on your back, bend your knees and place your feet on the floor. Put your hands behind your head. Touch both elbows to the knees and then return to floor. Remember to keep feet flat on floor during entire exercise.



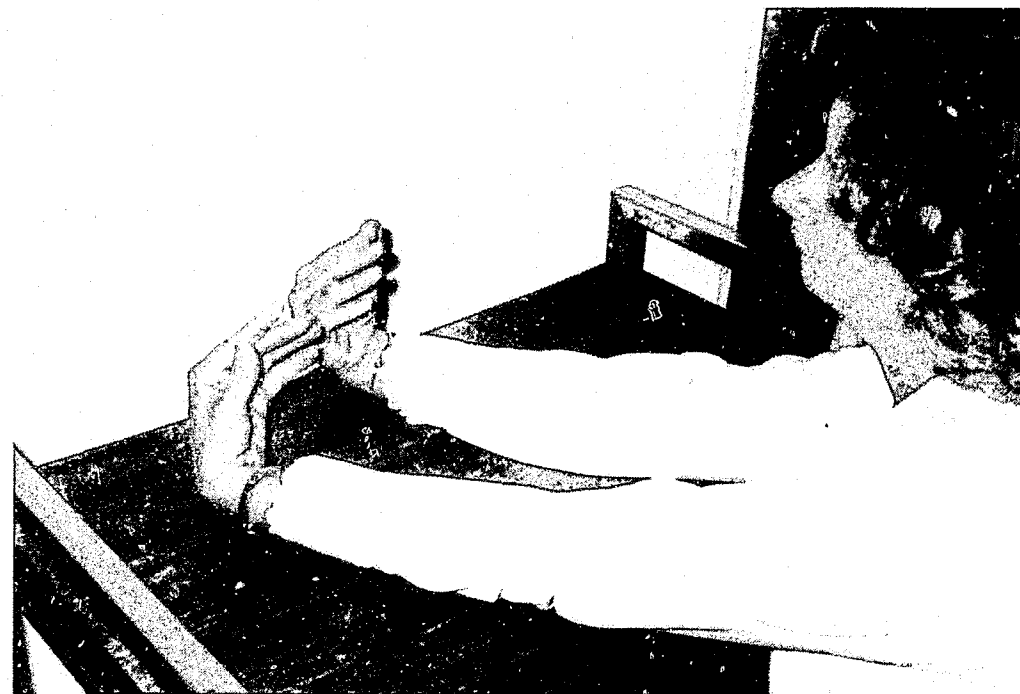
EXERCISE NO. 3—HIP THRUST

Lying on your back, bend knees and keep feet flat on the floor. While leaving your shoulders on the floor, raise your pelvis as high as you can. Slowly lower and repeat ten times.



EXERCISE NO. 4—ARM CIRCLES

Stand with feet shoulder width apart. Raising arms sideways to shoulder level, rotate your arms forward ten times, and then backward ten times. Rotate the arms in both small circles both forward and backward and then rotate in large circles both forward and backward.



EXERCISE NO. 5—WRIST STRENGTHENER

Place forearms on table with the palms of your hands facing the ceiling. Bend and curl the fingers toward you causing the wrists to bend. You can add a two to five pound weight in each hand to add resistance.



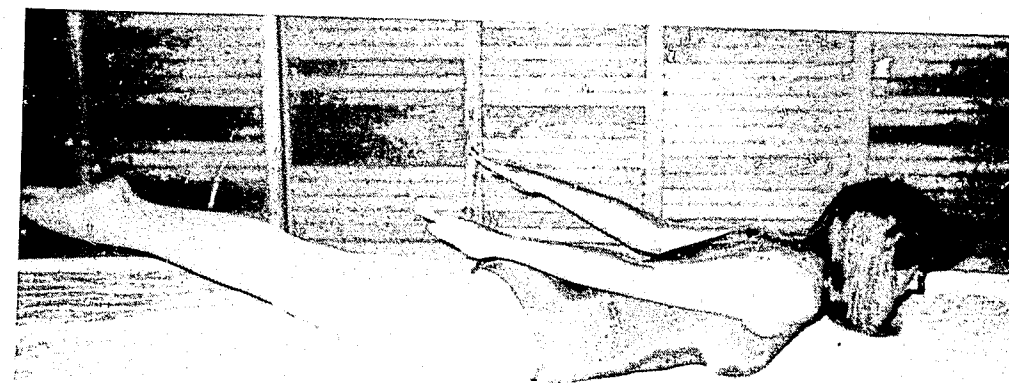
EXERCISE NO. 6—FINGER FLEXOR STRENGTHENER

Using a small rubber ball in each hand, squeeze as hard as you can, relax, and then repeat at least ten times.



EXERCISE NO. 7—TOE RAISERS

Stand with feet slightly apart, with toes parallel. Slowly raise on both toes, hold ten counts and return to starting position.



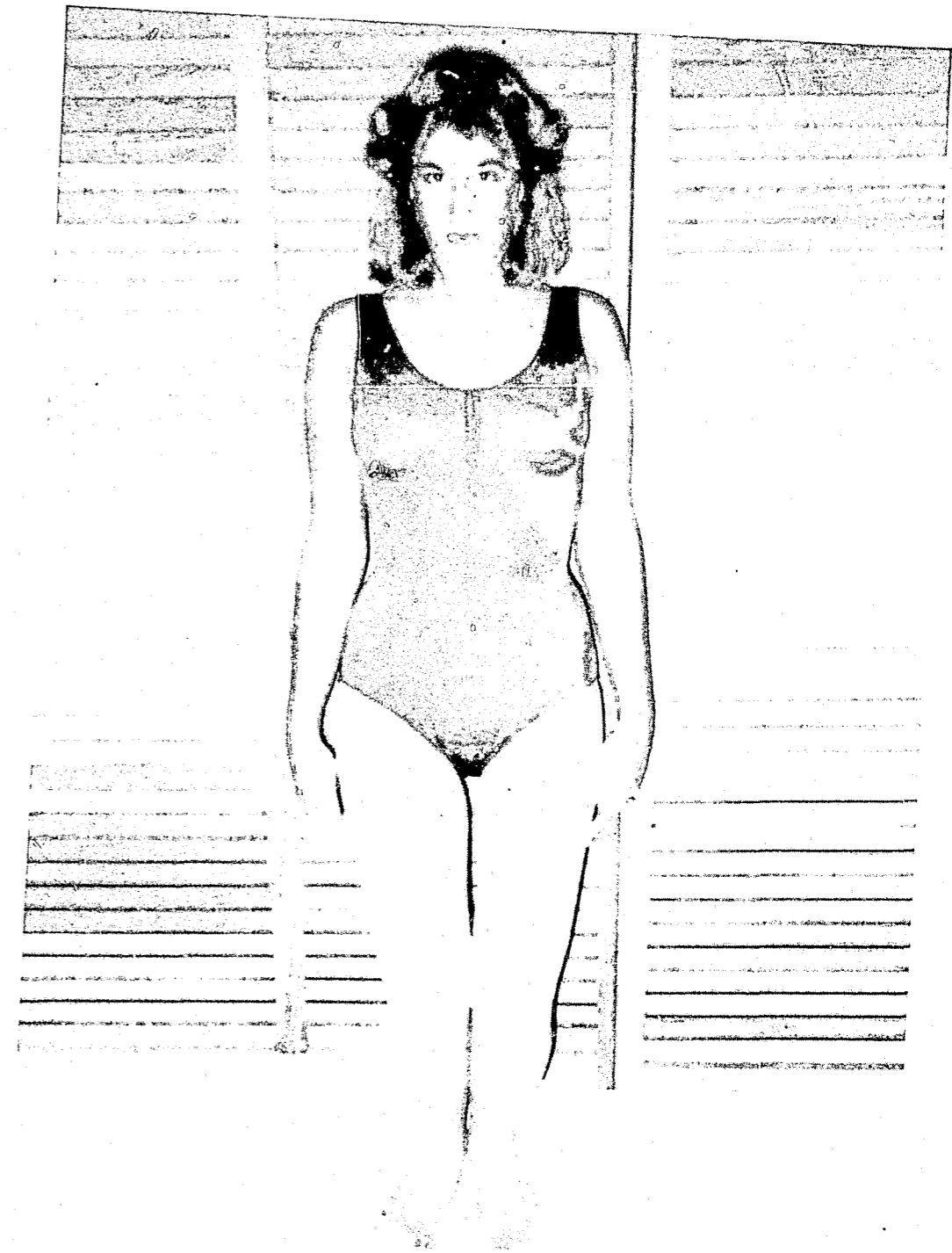
EXERCISE NO. 8—PRONE ARCH

Lying face down on your stomach with hands at your side, lift upper part of body, arms and legs and hold for a count of ten. Lower slowly. Repeat five times.



EXERCISE NO. 9—TRUNK LEAN

Assume a kneeling position, body erect, hands behind lower back. Slowly, lean back keeping body and head in a straight line, then return to starting position.



EXERCISE NO. 10—WALL SIT

Using the wall as a brace, assume a sitting position and hold for 15 seconds. Gradually increase your sitting time.

END